

The Philippines Herald

BEST 316 RECIPES

Tested and Compiled by ENRIQUETA DAVID PEREZ

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One Philippine Herald

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Acknowledgement

To the Newspaper Enterprise Association, the Herald's main source of good recipes, the Wheat Associates of the U.S., regular contributors to our food page, and to all others who, in one way or another, have helped make this collection possible, we are very grateful. To NEA's Gaynor Maddox who has shared with us eating adventures all over the world, go our special thanks.

Cover: Courtesy of B-Meg Farmer's Calendar Almanac.

Introduction

Out of over 20,000 recipes published in the food pages of the **Philippines Herald** since 1949, we picked those that appealed to us most, recipes we have found useful and practical through the years. We re-tested them and, in some cases, took photographs. The result is this collection of everyday dishes with a special party flavor.

Every recipe in this book is easy to follow, every ingredient is locally available. If you can read, you can cook these dishes. Some of them you can even dash off in a matter of minutes. And each and every dish is lovely to look at and, most important of all, delightful to eat.

The "ingredients" are listed in the order of their use. It is clearly indicated how many servings to expect from each dish.

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Caesar Dip

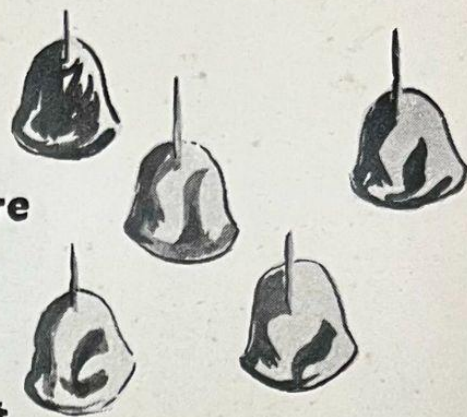
- 1-1/2 cups shredded raw carrot**
- 1 cup finely chopped lettuce**
- 1/2 cup shredded radishes**
- 1/4 cup thinly sliced green onion**
- 1 tablespoon lemon juice**
- 2 tablespoons olive oil**
- 1/2 teaspoon salt**
- 1/8 teaspoon powdered garlic**
- 1 raw egg**
- 1 8-ounce container (1 cup) dairy sour cream**
- 2 tablespoons shredded Parmesan cheese**

Combine carrot, lettuce, radishes, onion, lemon juice, olive oil, salt and garlic powder in a large bowl. Break in the egg. Toss until all traces of egg have disappeared. Stir in the sour cream and shredded cheese.

Serve as a dip for corn chips.

Mango Chutney

- 6 cups refined sugar**
- 4 cups vinegar**
- 12 cups peeled and sliced mature green mangoes**
- 4 chili peppers, seeded and chopped**
- 1/4 cup chopped fresh ginger root**
- 1 large onion, sliced**
- 1 clove garlic, chopped**
- 1 teaspoon salt**



Combine sugar and vinegar. Boil for 5 minutes. Add all remaining ingredients and cook for 1 hour, stirring frequently, until mixture is thick.

Pack in hot sterilized jars and seal.

Makes about 8 cups chutney.

Spicy Sausage Appetizers



- 1 cup pancake mix**
- 1 tablespoon chopped parsley**
- 2/3 cup cold water**
- 3 4-ounce cans Vienna sausage**
- Barbecue sauce**

Combine pancake mix and parsley in bowl. Add water and beat with rotary beater until smooth, about 2 minutes.

Cut each Vienna sausage in half to make pieces about 1-inch long. Dip into batter holding with kitchen fork or tongs. Drain off excess batter.

Fry in hot deep fat (375 degrees) 2 to 3 minutes. Drain on absorbent paper.

Insert toothpicks. Serve hot with barbecue sauce.

Makes 3-1/2 dozen.

Curried Olive Dip

- 1/2 cup olives
- 1 package (3 ounces) cream cheese
- 1/2 cup salad dressing
- 1/4 cup dairy sour cream
- 1 tablespoon calamansi juice
- 1/4 teaspoon curry powder
- 1/2 teaspoon salt

Assorted bite-sized raw vegetables, dip chips, pickled corn cobs or shrimp.

Cut olives lengthwise into thin wedges. Soften cream cheese; stir in salad dressing, sour cream, calamansi juice, curry powder and salt. Serve with assortment of vegetables, chips and shrimp.

Makes 1-1/4 cups dip mixture.



Three-Cheese Dip

- 1 (3-oz.) package Roquefort cheese
- 1 (10-oz.) jar Cheddar-club cheese
- 1 (3-oz.) package cream cheese
- 1/4 cup butter
- 1/4 cup sherry wine
- 1 teaspoon Worcestershire sauce
- 1 teaspoon paprika

Combine and beat all ingredients until well blended. Place in serving dish and serve with chilled pear wedges and crisp crackers.

You may also serve dip with finger-size slices of "sinkamas."



Clam Cocktail Sauce

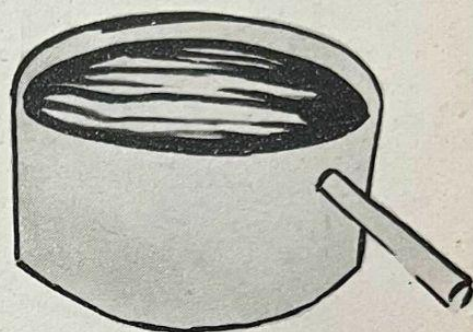
- 1/2 cup catsup or chile sauce**
- 3 tablespoons lemon or calamansi juice**
- 2 teaspoons Worcestershire sauce**
- 1/2 teaspoon Tabasco**
- 1 tablespoon horseradish**
- 1/4 teaspoon minced garlic, optional**

Mix all ingredients together. Chill.
Serve with raw clams on the half shell.
Makes 3/4 cup.

TANGY BUTTER SAUCE

- 1/2 pound butter**
- 1/2 teaspoon Tabasco**
- 2 tablespoons lemon or calamansi juice**

Melt butter in a saucepan; stir in lemon or calamansi juice and Tabasco.
Makes 1 cup.



Cocktail Dip

- 1 can (3 3/4-ounces) sardines**
- 1/2 cup creamy cottage cheese**
- Juice of 1/2 lemon**
- 1 teaspoon Worcestershire sauce**
- Dash cayenne pepper**
- 2 tablespoons mayonnaise**

Drain sardines. Mash sardines well.
Mix thoroughly with cottage cheese, lemon juice, Worcestershire sauce, cayenne pepper and mayonnaise. Chill thoroughly. Just before serving, sprinkle with paprika.

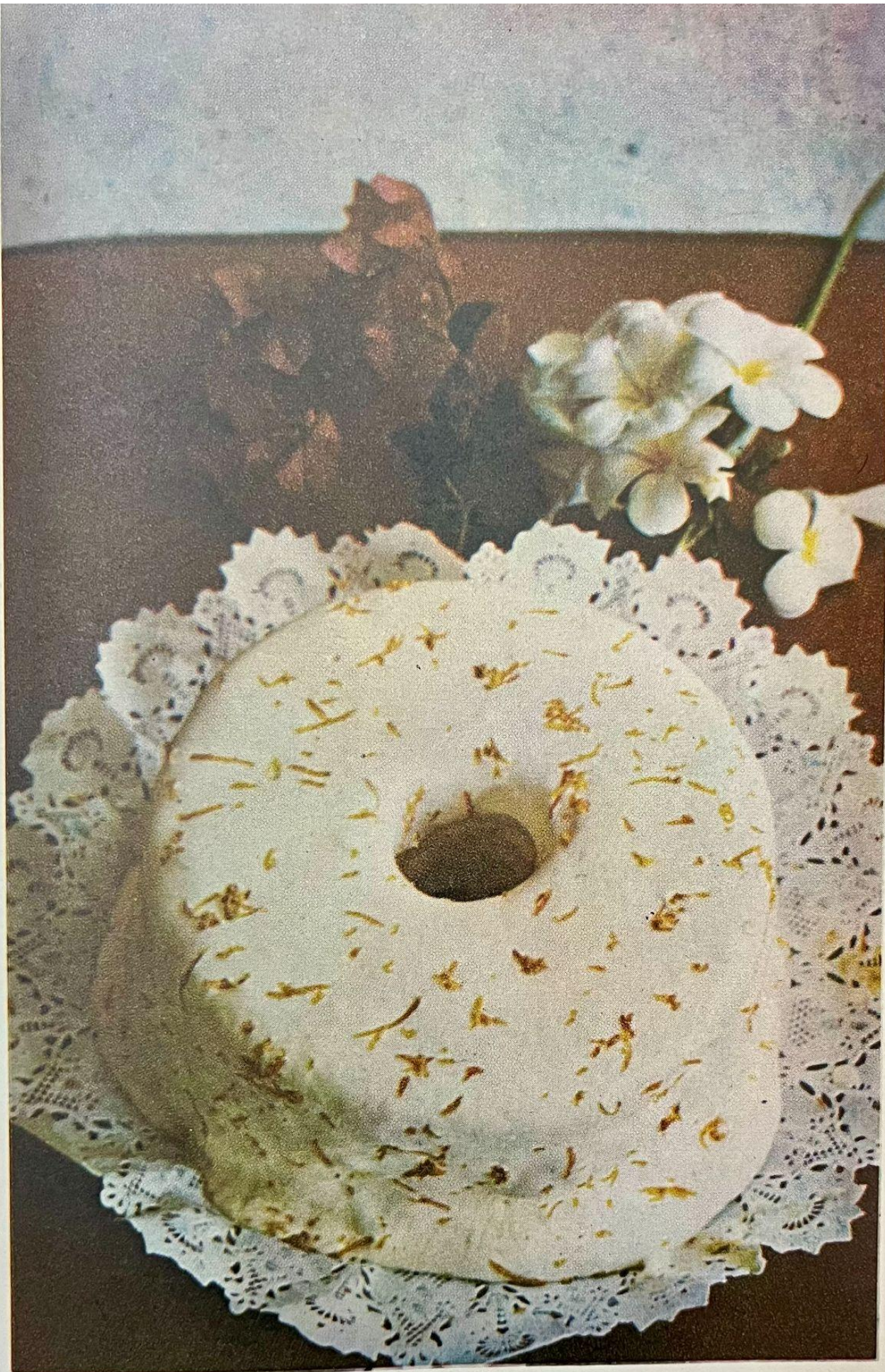




Orange Pineapple Punch



Mango Tarts



Cherry Torte



Roast Pork



Salmon Guisado

Olive Appetizers

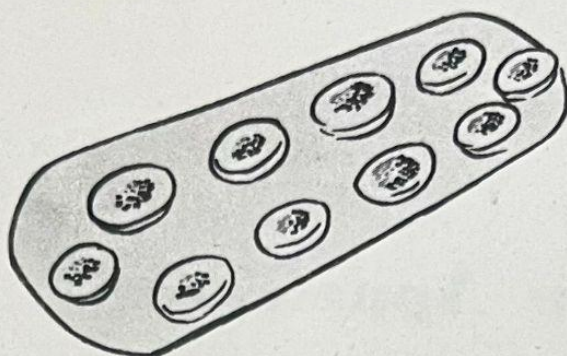
- 1 lb. sirloin or club steak
(1 to 1-1/2 inches thick)**
- 1 lb. cooked, cleaned medium
large shrimp**
- 1 can (7-1/2 ounces) pitted olives**
- 1/3 cup salad oil**
- 1/3 cup red table wine or
2 tablespoons wine vinegar**
- 1/8 teaspoon garlic powder**
- 1 teaspoon Worcestershire sauce**
- 1/2 teaspoon coarsely ground black
pepper**
- 1/2 teaspoon salt**
- Horseradish sauce, prepared
mustard or mustard sauce**

Barbecue or broil steak to rare or medium rare doneness. Cool and cut into bitesize pieces or strips. Alternate steak, shrimp and whole pitted olives on skewers or cocktail picks.

Combine oil, wine, garlic powder, Worcestershire sauce, black pepper and salt. Pour over skewers and marinate several hours. At serving time, heat over a small hibachi or in a chafing dish or electric frying pan. Serve with sauce.

Makes about 24 hors d'oeuvres.





Stuffed Eggs

- 6 hard-cooked eggs**
- 1/2 cup canned tuna fish, drained and flaked**
- 1/2 cup finely chopped celery**
- 1 tablespoon chopped green pepper**
- 2 tablespoons mayonnaise**
- Baguio lettuce**

Slice eggs in halves lengthwise; remove yolks and chop fine. Mix chopped yolks with tuna fish, celery, and green pepper. Add mayonnaise to egg yolk mixture, mixing well. Pile into the egg white halves. Chill. Arrange egg halves on crisp lettuce.

Serves 6.

Chocolate Soda Punch

- 1 cup quick chocolate-flavored mix**
- 2 cups grape juice, chilled**
- 1 quart soft vanilla ice cream**
- 1 bottle (28 ounces) carbonated water, chilled**

Combine quick chocolate-flavored mix and grape juice in punch bowl. Add ice cream. Add carbonated water.

Yields 20 half-cup servings.

Pineapple Luau Cup

- 1 (1 pint 2-ounces) can pineapple juice**
- 1 (12-ounces) can guava nectar**
- 1 tablespoon lime juice**
- 2 tablespoons grenadine**
- 1 (7-ounce) bottle carbonated lemon-lime beverage**

Combine pineapple juice, nectar, lime juice and grenadine. Cover and chill thoroughly.

Pour into serving cups; add chilled carbonated beverage just before serving. Or maraschino cherry syrup.

Serves 4.

Orange-Pineapple Punch

Peelings from 1 medium pineapple

Peelings from 1 fresh orange

8 whole cloves

1/2 cup sugar

1 quart boiling water

1/2 cup fresh orange juice

1/2 cup fresh lemon juice

Fresh mint

Fresh orange wedges

Wash pineapple peelings thoroughly. Place in a container with orange peel, cloves and sugar. Add boiling water.

Cover. Let stand overnight.

Strain and add orange and lemon juices.

Serve over ice garnished with fresh mint and orange wedges.

Makes 5 cups.



Cereal Banana Split

3/4 cup puffed rice or wheat, plain or pre-sweetened; ready-to-eat high protein cereal, or corn flakes.

1/2 banana, sliced crosswise

1 heaping tablespoonful strawberry ice cream

1 heaping tablespoonful vanilla ice cream

1 heaping tablespoonful chocolate ice cream

2 teaspoons pineapple preserves

2 teaspoons jam (any flavor)

1 to 2 tablespoons defrosted frozen strawberries or strawberry sauce

2 to 4 tablespoonfuls whipped dessert topping

Pour cereal into a large serving dish or compote. Top with banana slices.

Spoon ice cream onto bananas and cover chocolate ice cream with jam, any flavor; strawberry ice cream with strawberries; and vanilla ice cream with pineapple sauce.

Serve plain or garnish with whipped topping, if desired.

Serves 1.

Banana Doughnuts

Bananas, cut into little cubes (1 cup)

2 cups sifted all-purpose flour

2-1/2 teaspoons baking powder

1/2 cup sugar

1/4 teaspoon salt

2 eggs

1/3 cup milk

3 tablespoons melted margarine

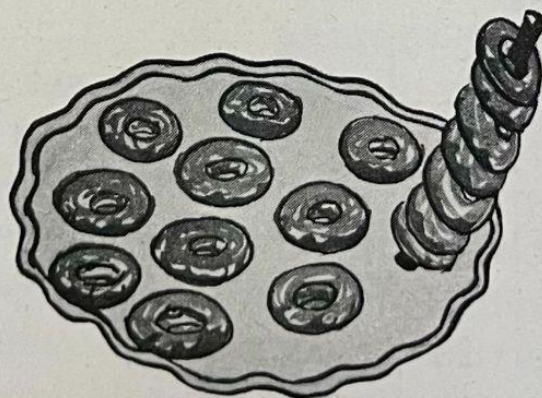
1 teaspoon grated dayap rind.

Sift together flour, baking powder sugar and salt. Beat egg and milk together and stir into flour mixture. Stir in margarine and dayap rind. Fold in cubed bananas.

Knead dough lightly. Roll out lightly about 1/4 inch thick on well floured board. Cut with a doughnut cutter and fry in deep hot fat (360 degrees).

When doughnuts come to the top (about 5 minutes), turn and brown on the other side. Drain on brown paper and let cool about 1 hour. Serve plain or dusted with powdered sugar.

Makes 2 dozen.



Cherry Tarts

1/2 cup sugar

2 tablespoons cornstarch

1/2 teaspoon salt

1 (1 pound) can pitted sour cherries, drained with 1/2 cup juice reserved

1 tablespoon margarine

1 tablespoon lemon juice

Few drops food coloring (optional)

1 recipe pastry for double crust pie

1 (3 ounce) package cream cheese, softened

1 tablespoon milk

Blend sugar, cornstarch and salt in saucepan. Gradually stir in juice from cherries. Cook over medium heat, stirring constantly, until mixture thickens and comes to a full boil. Stir in margarine, lemon juice, drained cherries and food coloring. Cool.

Roll out pastry to 1/8-inch thickness on aluminum foil. Cut out 12 (4-inch) circles cutting through pastry and foil. Pinch up edges of each circle in 3 places to resemble tricon hat, moistening pastry with cold water to fasten.

Bake in 400-degree (hot) oven until golden brown, about 15 minutes. Remove foil.

Blend cream cheese and milk. Spread in bottom of shells. Fill shells with cherry filling.

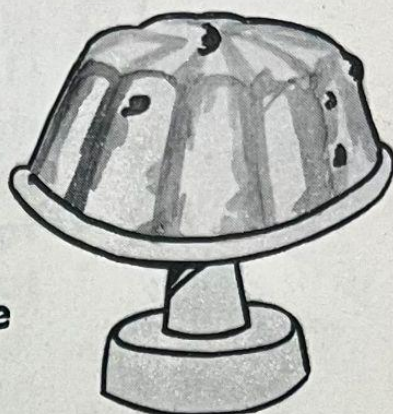
If cherries are packed in heavy syrup, reduce sugar to 1/3-cup.

Serves 12.



Fresh Grape Cheesecake

- 3-1/2 tablespoons unflavored gelatin**
- 1/2 cup cold water**
- 1 large egg**
- 2 large eggs, separated**
- 3/4 cup sugar**
- 1/2 teaspoon salt**
- 1/2 cup milk**
- 2 cups cream style cottage cheese**
- 2 tablespoons fresh lemon juice**
- 1 teaspoon grated lemon peel**
- 1 teaspoon pure vanilla extract**
- 1 cup heavy cream, whipped**
- 1/2 cup thinly sliced walnuts**
- 1-1/2 cups grapes, seeded and quartered**



Softened gelatin in cold water.

In the top of a double boiler, combine the whole egg, egg yolks, sugar and salt. Beat well. Gradually stir in milk. Cook over hot water (not boiling) stirring constantly, until mixture coats a metal spoon. Add softened gelatin and stir until dissolved. Set aside to cool.

Press cottage cheese through a wire mesh and add with lemon juice and peel, vanilla extract and whipped cream.

Beat egg whites and fold into mixture along with walnuts and grapes. Turn into an oiled 6-cup mold and chill until set.

Serves 10.

Fresh Grapes and Mango in Sour Cream

- 2 cups fresh grapes**
- 1 cup mango balls**
- 1 cup sour cream**
- 3 tablespoons sugar**
- 1 teaspoon grated fresh orange peel**

Small cluster fresh grapes

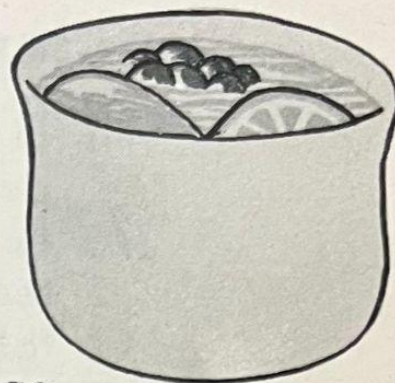
Cut peeled, seeded grapes in half and mix with mango, sour cream, sugar and orange peel.

Toss lightly and chill.

Serve in sherbet glasses.

Garnish with clusters of grapes.

Serves 6.



Poached Pears Supreme

- 3 cups water**
- 2 cups granulated sugar**
- 1 teaspoon vanilla**
- 2 tablespoons lemon juice**
- 6 fresh pears**

Combine water, sugar and vanilla in a saucepan. Boil 10 minutes. Reduce heat.

Peel pears and coat them with lemon juice. Add pears to syrup and cook until they are tender, about 30 minutes, depending on the size.

Chill pears and syrup.

Serve with assorted chocolates.

Serves 6.



Spicy Pear Crescent

- 1 (1 pound, 13 ounce) can Bartlett pear halves**
- 2/3 cup milk**
- 1 teaspoon sugar**
- 1 tablespoon dry granular yeast**
- 1 cup butter or margarine**
- 1/4 cup warm water**
- 4 egg yolks, lightly beaten**
- 4 cups flour, sifted**
- 1/2 teaspoon salt**

TOPPING

- 3 tablespoons sugar**
- 2 teaspoons cinnamon**
- 1/2 teaspoon mace**
- 2 teaspoons grated lemon rind**
- 1/2 cup chopped nuts**

Slice pear halves and drain thoroughly on absorbent paper.

Scald milk. Add 1 teaspoon sugar and cool to lukewarm.

Dissolve yeast in water. Add to milk mixture. Stir in beaten egg yolks. Cut butter or margarine into flour and salt. Stir in yeast mixture and blend thoroughly. Dough will be soft and moist.

Divide dough into two parts. Roll out one portion on floured board. Arrange half of the pear slices on half of the dough. Sprinkle with half of the topping made by combining topping ingredients. Fold dough in the center. Moisten edge slightly and seal by fluting. Slash across the top diagonally at 1-inch intervals.

Repeat with remaining portion of dough. Place on lightly greased baking sheet and bake in moderate oven (375 degrees) for 35 to 40 minutes. Drizzle with powdered sugar icing.

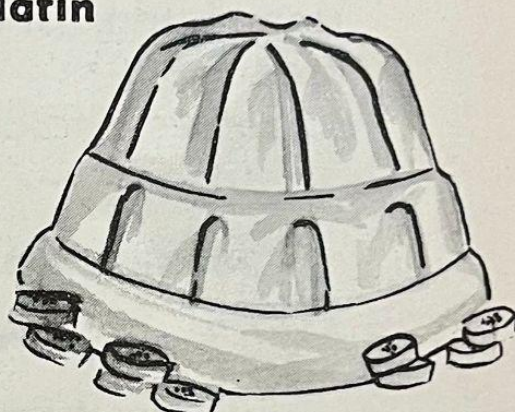
Slice diagonally and serve warm.

(For easier handling, transfer rolled dough to baking sheet before adding pears and topping.)

Makes 2 crescents.

Banana Chiffon Mold

- 2 envelopes unflavored gelatin**
- 6 tablespoons cold water**
- 1 cup hot orange juice**
- 1/4 cup lemon juice**
- 1/4 cup sugar**
- 1 cup mashed banana**
- 3 egg whites**
- 1/4 teaspoon salt**
- Banana slices**



Soften gelatin in cold water for 5 minutes then dissolve in hot orange juice. Add sugar and lemon juice, stirring until sugar is dissolved. Chill mixture until slightly thickened, about the consistency of unbeaten egg white.

Add mashed banana. Beat until foamy and well blended.

Add salt to egg whites, beat until stiff; fold into banana-gelatin mixture. Pour into a 1 1/2 quart mold; chill until firm.

Unmold on serving plate and garnish with banana slices.

Serve 6.

Swedish Apple Cake

2 cups applesauce

2 cups cooky crumbs

4 tablespoons butter or margarine

Few drops calamansi juice

Melt butter or margarine in skillet, add sifted cooky crumbs and stir until nicely browned.

Butter baking dish well. Stir calamansi juice into applesauce. Arrange crumbs and applesauce in alternate layers, finishing with crumb.

Bake in moderate oven (375 degrees F.) 25 to 35 minutes. Cool before unmolding and serve with whipped cream.

Serves 6 to 8.

Strawberry Sorbet

Four Seasons

1 quart fresh strawberries

1 cup sugar

1 cup water

1 teaspoon lemon juice

Combine ingredients in an aluminum bowl. Place in a larger receptacle filled with crushed ice and salt. Blend thoroughly with an aluminum or wooden spoon or egg beater, constantly turning bowl as you work.

Note: For a tarter sorbet, substitute additional strawberries, which have been allowed to stand in sugar for approximately two hours, for the water and lemon juice.

Serves 4.

Strawberry Spectaculars

- 1 1-lb. pkg. frozen strawberries,
thawed**
- 1/8 teaspoon salt**
- 1/2 teaspoon lemon juice**
- 2 tablespoons cornstarch**
- 1/2 cup cold water**
- Pancakes**
- 1 cup milk**
- 1 egg**
- 1 tablespoon melted or liquid
shortening**
- 1 cup pancake mix**

For sauce, place strawberries, salt and lemon juice in medium-sized saucepan. Combine cornstarch and water; add to strawberries, stirring until blended. Bring to a boil, cook over low heat until thickened and clear, stirring frequently.

For pancakes, place milk, egg and shortening in shaker or bowl. (If melted shortening is used, add after pancake mix).

Add pancake mix. Shake vigorously 10 times or stir lightly with wire whisk or spoon until batter is fairly smooth. Somewhat lumpy batter makes light pancakes.

For each pancake, pour about 1/4 cup batter onto hot, lightly greased griddle. Bake to a golden brown, turning only once. Top with sweetened whipped cream and sprinkling of chopped nutmeats.

Serves 4.

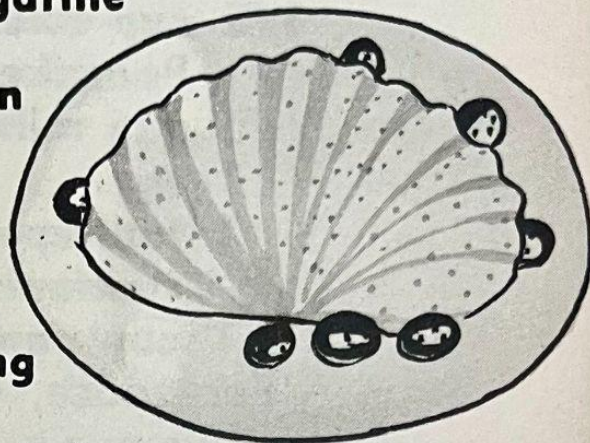
Strawberry Bombe

CRUNCH BASE

- 1 cup rolled oats**
(quick or old fashioned, uncooked)
- 1/2 cup firmly-packed brown sugar**
- 1/3 cup melted butter or margarine**

BOMBE

- 2 envelopes unflavored gelatin**
- 1/2 cup cold water**
- 3 cups sliced strawberries**
- 1/2 cup sugar**
- 1 cup marshmallow creme**
- Few drops red food coloring**
- 1/2 pint whipping cream**



For base, toast oats in shallow baking pan over moderate heat for 10 minutes. Add brown sugar and butter; mix thoroughly. Press mixture onto bottom and half way down sides of a 1-1/2-quart mold.

For bombe, soften gelatin in cold water. Combine 1 cup strawberries, sugar and marshmallow creme in saucepan; cook over low heat (may use double boiler) until well blended. Add gelatin, stirring until dissolved. Add remaining strawberries and red food coloring. Cool until mixture mounds, stirring occasionally. Whip cream until stiff; fold into strawberry mixture. Pour over crunch base in mold. Chill several hours or until set.

To serve, dip outside of mold into warm water. Invert mold onto serving plate. Garnish with strawberries.

Serves 8.

Mango Tarts

- 1 can condensed milk**
- 1/3 can calamansi juice**
- 1 cup balled ripe mangoes**
- 1/2 cup cream, whipped**
- 12 tart shells, baked**

Mix condensed milk and calamansi juice. Add mango balls, leaving a few for garnish. Spoon into tart shells, top with cream and garnish with remaining mango balls.

Makes 12.

Mango-Cantaloupe Mold

- 1 cup ripe mango cubes**
- 1 medium-sized cantaloupe**
- 1 (3-ounce) package cherry gelatin**
- 1 cup hot water**
- 1 (7-ounce) bottle lemo-lime (carbonated beverage)**
- 2 tablespoons dayap juice**
- Mint (hierba buena)**

Cut cantaloupe in halves and remove seeds. Cut into balls with ball cutter or teaspoon measure.

Dissolve gelatin in hot water. Cool slightly. Add carbonated beverage and dayap juice. Chill until thick.

Fold in 1½ cups cantaloupe balls and mango cubes. Turn into 1-quart mold and chill until firm.

Unmold and garnish with remaining cantaloupe balls, mango cubes and mint sprigs.

Serves 6.



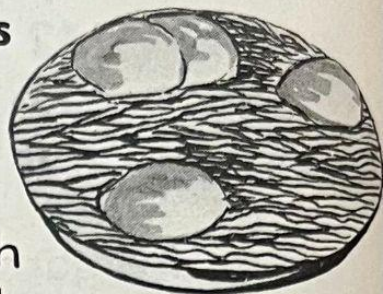
Peach Ambrosia Pudding

- 1 package coconut cream pudding and pie filling mix
- 1 $\frac{3}{4}$ cups canned peach syrup and water
- 1 can (1 pound) cling peach slices drained and cut
- $\frac{1}{2}$ teaspoon grated orange rind
- Flaked coconut

Combine pudding mix and peach syrup and water in a saucepan. Cook and stir over medium heat until mixture comes to a full boil. Cool.

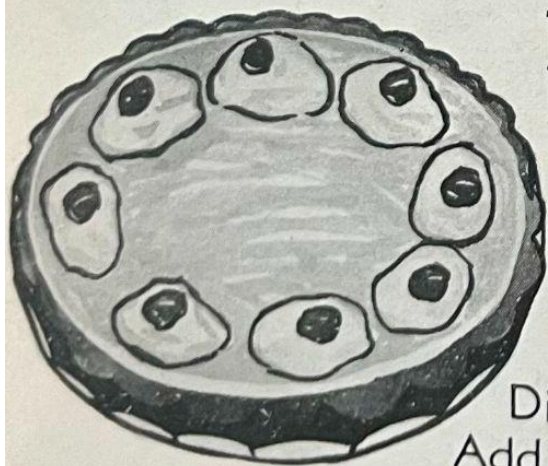
Stir in peaches and orange rind. Pour in serving dish and chill. Garnish with flaked coconut and peach slices.

Serves 4.



Strawberry Ice Cream Pie

- 1 package (3 ozs.) lemon flavored gelatin
- 1-1/4 cups boiling strawberry juice plus water
- 1 pint vanilla ice cream
- 1 cup drained strawberry halves
- 1 baked 8-inch pie shell, cooled
- Garnish of prepared whipped topping or whipped cream, strawberries and mint leaves (hierba buena)



Dissolve gelatin in boiling liquid. Add ice cream by spoonfuls, stirring until melted. Then chill until very thick - 15 to 25 minutes. Fold in strawberries. Pour into pie shell. Chill until firm 20 to 30 minutes.

Serves 8.

Strawberry-Filled Rolls

- 2-1/2 cups pancake mix**
- 1/3 cup sugar**
- 1/2 teaspoon mace**
- 1/3 cup shortening, soft**
- 3/4 cup milk**
- 1 teaspoon vanilla**

Strawberry preserves

Combine pancake mix, sugar and mace in medium-sized bowl. Cut in shortening until mixture resembles coarse crumbs. Add milk and vanilla, stirring lightly only until dry ingredients are moistened.

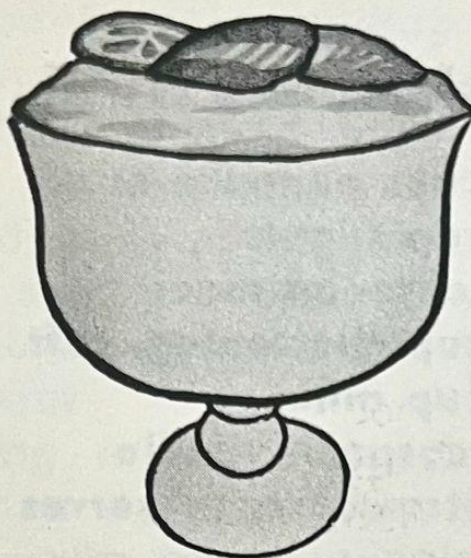
Turn out on lightly floured board or canvas; knead gently a few seconds. Roll out to form a 9 x 15-inch rectangle. Cut into 3-inch squares. Place on ungreased cooky sheet.

Place 1 teaspoon preserves in center of each square. Fold two opposite corners of each square into center; pinch edges together to seal. Bake in preheated hot oven (400 degrees) about 10 minutes. Remove from cooky sheet.

Serve hot.

If desired, drizzle with thin confectioners' sugar frosting.

Makes 15 rolls.



Mango Romanoff

- 1 cup sliced, ripe mangoes**
- 1 tablespoon pure orange extract
(or 1/3 cup Cointreau)**
- 1/2 cup evaporated milk**
- 2 tablespoons lemon juice**
- 1 quart mango ice cream, softened**

Mix mangoes and orange extract or Cointreau and let stand.

Chill evaporated milk in ice tray. Pour into cold small bowl of electric mixer (or 1-1/2 quart bowl). Using beaters, whip with electric mixer at high speed or with rotary beater until fluffy. Add lemon juice and whip until stiff.

Beat ice cream in a 3-quart bowl until creamy. Add whipped milk and beat at low speed just until mixed. Add mango.

Serve in 6 to 8 chilled dessert dishes. May be kept in freezer up to one hour. Serves 6 to 8.

Three-Fruit Ambrosia

- 1 (pound) can Royal Anne cherries**
- 1 (11-ounce) can mandarin oranges**
- 1 (13 1/2-ounce) can pineapple tidbits**
- 6 stalks mint**
- Flaked coconut**
- Few maraschino cherries, optional**

Put the cherries, oranges, pineapple tidbits with the syrups from the cans in a bowl or refrigerator container. Bury mint in the mixture. Cover tightly and refrigerate overnight.

When ready to serve, remove mint and discard. Drain fruit and place in serving bowl. (Save the drained syrup for future use in tea punch.)

Sprinkle with flaked coconut.

Garnish with sprig of mint and a few maraschino cherries.

Serves 6 to 8.



Strawberries-in-the-Snow

- 1 pint fresh strawberries
- $\frac{3}{4}$ cup sugar
- 3 eggs, separated
- $\frac{1}{8}$ teaspoon salt
- 3 eggs, unseparated
- $\frac{1}{8}$ teaspoon salt
- 3 cups milk
- 2 teaspoons vanilla

Reserving 6 whole strawberries, slice remainder, toss lightly with 2 tablespoons of the sugar and chill.

MERINGUES: Beat egg whites and $\frac{1}{8}$ -teaspoon salt until stiff, but not dry. Gradually add 6 tablespoons of the sugar and beat stiff.

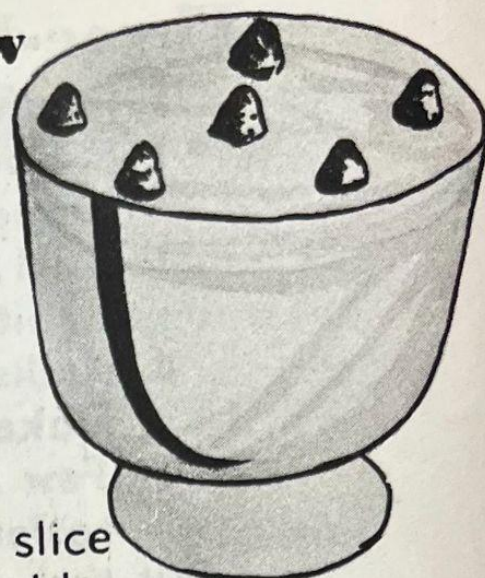
Drop 6 spoonfuls of meringue into simmering (not boiling) water in a large skillet. Cover and simmer 5 minutes.

Remove from water with slotted spoon and drain on paper towels. Chill.

CUSTARD: Beat together egg yolks, unseparated eggs, remaining $\frac{1}{4}$ cup sugar and $\frac{1}{8}$ teaspoon salt. Stir in milk and cook over low heat, stirring constantly, until thick and coats a metal spoon. Add vanilla and chill.

Just before serving, place sliced strawberries in 1 $\frac{1}{2}$ quart serving bowl. Pour custard over strawberries and float meringues on top, garnishing each with a whole strawberry.

Serves 6.





Fresh Mango Cobbler

**1-1/2 quarts peeled, sliced, ripe
mangoes**

1 tablespoon fresh lemon juice

1-1/4 cups sugar

**3-1/2 tablespoons quick-cooking
tapioca**

1/4 teaspoon salt

2 tablespoons butter

1 cup packaged biscuit mix

1/4 teaspoon ground cinnamon

1/4 cup sugar

1 large egg, slightly beaten

1/4 cup heavy cream

Mix mangoes with lemon juice in two-quart rectangular casserole.

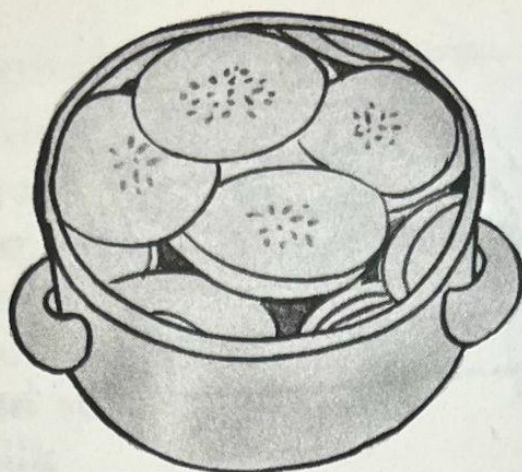
Combine the 1 1/4 cups sugar, tapioca and salt and mix with mangoes. Dot with butter.

Mix biscuit mix with cinnamon and the 1/4-cup sugar.

Beat together the egg and cream and stir into the dry ingredients until just blended. Spoon over the mangoes in six mounds.

Bake in a pre-heated hot oven (425 degrees) for 40 minutes or until golden.

Serves 6.



Hot Peach Salad

- 1 can (1 lb. 13 oz.) cling peach halves**
- 1 medium-size tomato**
- 1/2 green pepper**
- 1 large onion**
- 1/2 cup French or Italian dressing**
- Salt**
- Pepper**

Drain peaches. Cut tomato into 1-inch cubes. Cut green pepper into strips. Slice onion crosswise and separate into rings.

Heat dressing in skillet on grill. Add peaches, cup sides down. Heat about a minute; turn peaches.

Add vegetables; cook, stirring as needed, just until heated through (pepper and onion should be just tender-crisp).

Season to taste with salt and coarsely ground black pepper or seasoned pepper. Serve with barbecued hamburgers, frankfurters, chicken, chops or steaks.

Serves 6 to 7.

Cherry Torte

- 1 (1-1/4 lb.) can red cherries,
frozen
- 7/8 cup confectioner's sugar
- 3 tablespoons cornstarch
- 2 tablespoons Cointreau
- 1 (10-inch) baker's angel food
cake
- 1 cup heavy cream
- 1 tablespoon grated orange rind

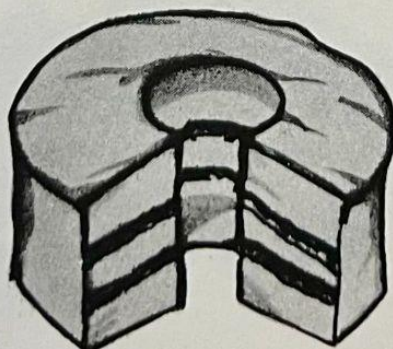
Thaw cherries, drain off juice and save.

Dissolve 3/4 cup sugar and cornstarch in juice. Stirring constantly, heat until juice is thickened and just begins to boil. Stir in Cointreau and cherries: chill.

Slice cake into 3 equal-sized layers. Spread cherry filling between cake layers.

Whip cream until it will hold its shape, then add 2 tablespoons sugar and continue whipping until thick. Spread whipped cream over top and sides of torte. Sprinkle orange rind over top of cake.

Serves 12 to 16.



Prune-Pineapple Tarts

- 1 cup pitted, chopped prunes**
- $\frac{3}{4}$ cup (8 $\frac{3}{4}$ -ounce can, drained)
pineapple tidbits**
- $\frac{1}{2}$ cup brown sugar**
- $\frac{1}{2}$ cup pineapple syrup**
- 1 teaspoon cinnamon**
- $\frac{1}{4}$ teaspoon nutmeg**
- $\frac{1}{4}$ teaspoon cloves**
- 1 tablespoon cornstarch**
- 6 individual baked tart shells
(about 3 inches)**

Combine prunes, pineapple, sugar, pineapple syrup, cinnamon, nutmeg and cloves. Blend cornstarch in a little cold water; add. Cook, stirring constantly, until thickened. Spoon into tart shells.

Bake in a slow oven (325 degrees F.) for 10 to 12 minutes, or until brown.

Garnish with mandarin orange sections, if desired.

Makes 6 tarts.

Mango Apple Dumplings

6 medium baking apples
1/2 cup mango jam
Pastry using 3 cups flour
6 teaspoons margarine
6 teaspoons sugar

Wash and peel apples. Remove cores, being careful not to cut through the blossom end.

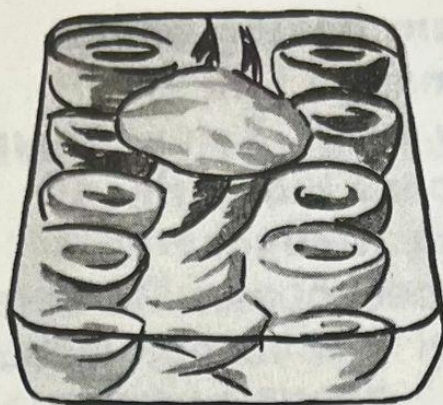
Spoon mango jam into apple cavities.

Roll half the pastry at a time into a rectangle 21 x 7 1/8-inch. Cut into three 7-inch squares. Place an apple in center of each and dot with a teaspoon margarine and sprinkle with a teaspoon sugar. Bring opposite corners of pastry together over the top of apples, pressing sides together firmly.

Brush each with milk and sprinkle lightly with sugar, if desired. Bake in a preheated oven (425 degrees F.) 55 minutes or until apples are tender and pastry is brown. Serve with whipped cream or ice cream.

Serves 6.





Peach Gelatin

1 tablespoon gelatin

1/2 cup cold water or fruit juice

4 to 6 tablespoons refined sugar
(less if sweetened fruit juice is used)

1/8 teaspoon salt

1/4 cup dayap juice

1-1/2 cups sliced peaches or mangoes

Whipped cream

Soak gelatin in cold water. Dissolve it in boiling water or fruit juice. Add refined sugar, salt, and dayap juice.

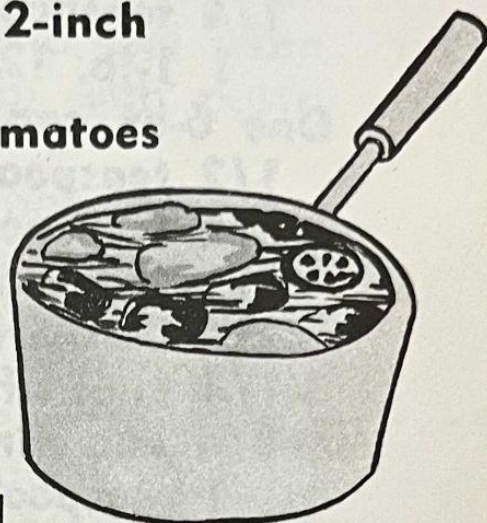
Chill the aspic and when it is about to set, combine it with sliced peaches or mangoes. If you use canned mangoes, be sure to drain fruit.

Place in a wet mold and chill it until it is firm. Garnish it with ice cream or whipped cream.

Serves 6 to 8.

Irish Stew

- 1 pound pork, cut into 1 1/2-inch cubes**
- 1 pound beef, cut into 1 1/2-inch cubes**
- 1 (1 pound 3 ounces) can tomatoes**
- 2 cups stock**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 6 to 8 white onions, whole**
- 6 to 8 potatoes, pared and quartered**
- 3 to 4 carrots, thickly sliced**
- 2 stalks celery, sliced**
- 2 tablespoons cornstarch**
- 1/4 cup cold water**



Combine meat, tomatoes, stock, salt and pepper in larger kettle. Cover and simmer until meat is almost tender, about 45 minutes.

Add vegetables. Simmer until meat and vegetables are about fork tender, about 45 minutes. Reduce heat to slow simmer.

Blend cornstarch and water. Gradually add to stew, stirring carefully so vegetables are not crushed. Cook over medium heat, stirring constantly until mixture thickens and comes to boil.

Season to taste, if needed. Simmer a few minutes to blend flavors.

NOTE: Stew improves on standing and may be prepared ahead of time.)

Serves 6 to 8.

Manicotti with Tomato Sauce

- 1 cup chopped onion**
- 1 Clove garlic, minced**
- 1/4 cup olive oil**
- 1/4 teaspoon sweet basil leaves**
- 1 1-lb. 12 oz. can tomatoes**
- One 6-oz. can tomato paste**
- 1/2 teaspoon sugar**
- 3/4 teaspoon salt**
- 1/2 teaspoon pepper**

DOUGH

- 3-1/4 cups sifted all purpose flour**
- 3/4 cup enriched corn meal**
- 1 teaspoon salt**
- 2 tablespoons melted butter**
- 3 eggs**
- 2/3 cup water**

FILLING

- 1/2 lb. cheese (ricotta, if available)**
- 1 egg**
- 3/4 teaspoon salt**
- 1/2 cup ground ham**

For tomato sauce, saute onion and garlic in olive oil. Stir in basil, tomatoes and tomato paste. Simmer, uncovered, about 45 minutes. Stir in sugar, salt and pepper.

While tomato sauce is cooking, prepare dough and filling. For dough, sift together flour, corn meal and salt into bowl. Stir in melted butter and eggs. Add water; mix until well blended. Divide dough in half.

Turn one half out on lightly floured board or canvas. Knead gently until smooth. Roll dough to form a 10 x 15-

inch rectangle. Cut to form six 5-inch squares. Repeat with other half of dough.

For filling, combine all ingredients; mix well. Spread 1 tablespoon filling on each square. Roll up as for jelly roll. Pinch edge of each roll to seal seam; tuck ends under or trim with pastry wheel.

Cook these rolls-up (manicotti) in a large pot of salted boiling water (about 4 quarts) about 20 minutes. Make sure they do not stick to the bottom of the pot. Drain. Serve immediately topped with the hot tomato sauce. Sprinkle with grated Parmesan cheese, if desired

Serves 6.

Baked Stuffed Veal

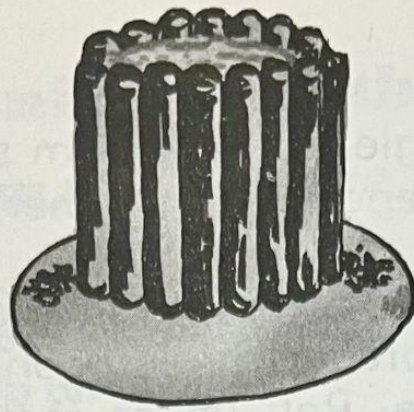
- 1 pound boned and trimmed veal steak, cut in 6 equal pieces**
- 6 thin slices cooked ham**
- 6 thin slices Swiss cheese**
- Salt and pepper to taste**
- 2 beaten eggs**
- Bread crumbs**

Pound veal to about 1/8-inch thickness. Season to taste with salt and pepper.

Top each with a slice of ham and a slice of cheese. Roll up; secure with wooden pick. Coat with seasoned bread crumbs, roll in beaten egg and coat with crumbs again. Place on greased baking sheet. Bake at 400 degrees for about 20 minutes or until tender.

Serves 6.





Kraut and Bean Stuffed Frankfurter Crown

- 3 1/4 cups drained sauerkraut**
- 1 can (1 pound) pork and beans**
- 1 can (6 ounces) tomato paste**
- 1/4 cup firmly packed light brown sugar**
- 1 tablespoon prepared mustard**
- 1 teaspoon each: salt, onion powder**
- 1/4 teaspoon each: pepper, cumin**
- 16 frankfurters**
- 1/3 cup grated Cheddar cheese**

In a medium saucepan, combine kraut, pork and beans, tomato paste, sugar, mustard, salt, onion powder, pepper and cumin; cook over medium heat until heated through.

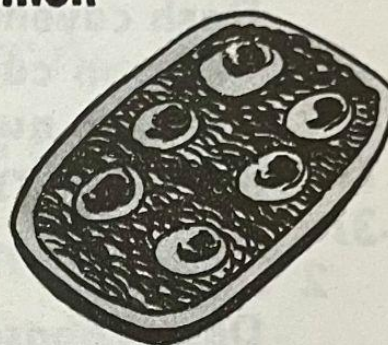
Meanwhile, thread frankfurters together with needle and heavy-duty white thread (double) 1-inch from bottom of frankfurters and 1-inch from top of frankfurters, allowing extra thread for tying; arrange in circle and tie together. Cut off excess thread.

Stand frankfurter crown in shallow pan; fill with kraut stuffing. Bake in 350 degrees (moderate) oven 20 minutes. Sprinkle cheese on top; bake 15 to 20 minutes longer.

Serves 8.

Deviled Eggs on Ham Au Gratin

- 4 hard-cooked eggs**
- 3 tablespoons salad dressing or mayonnaise**
- 2 to 3 teaspoons prepared mustard**
- 1-1/4 teaspoons salt**
- 1/3 cup butter or margarine**
- 2 tablespoons sliced green onion**
- 3 tablespoons flour**
- 1/2 teaspoon paprika**
- Dash pepper**
- 2 cups milk**
- 5 to 6 drops Tabasco**
- 1-1/2 cups diced cooked ham**
- 1/3 cup bread crumbs**



Cut eggs in half lengthwise. Remove yolks; mash and stir in salad dressing or mayonnaise, mustard and 1/4 teaspoon salt. Refill whites.

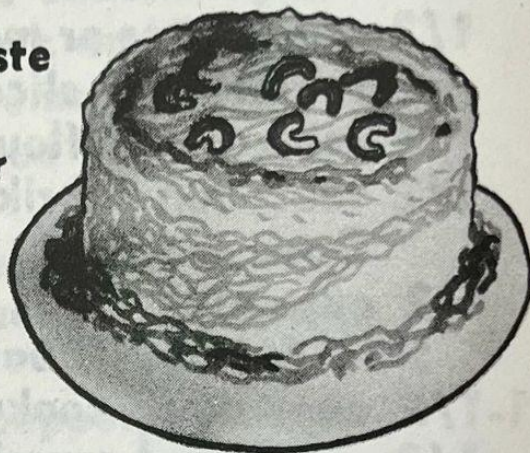
Melt 1/4 cup butter or margarine. Add onion and saute until soft. Blend in flour, 1 teaspoon salt, paprika and pepper. Add milk and Tabasco. Cook until thickened, stirring constantly. Stir in ham, and heat. Pour bread crumbs and remaining melted butter or margarine: sprinkle over ham mixture. Place deviled eggs on top.

Bake in moderate oven 350 degrees until hot, about 15 minutes.

Serves 4 to 6.

Neptune Noodle Ring

- 1 tablespoon salt
- 3 quarts boiling water
- 8 ounces medium egg noodles
(about 4 cups)
- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- Dash cayenne
- 1 teaspoon curry powder
- 1/2 teaspoon nutmeg
- 1/4 teaspoon dry mustard
- 1-3/4 cups milk
- 2 egg yolks
- Dash Tabasco
- 3/4 teaspoon Worcestershire sauce
- 2 tablespoons sherry
- 1 pound fresh or frozen shrimp
cooked, shelled and deveined
- Parsley



Add 1 tablespoon salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Turn into oiled 8-inch ring mold (5 1/2 cups capacity). Let stand 5 minutes. Unmold.

Meanwhile, melt butter. Stir in flour, salt and pepper to taste, cayenne, curry powder, nutmeg and mustard. Slowly stir in milk. Cook over low heat, 5 minutes. Combine egg yolks, Tabasco,

Worcestershire and sherry; stir to blend. Stir some of milk mixture into yolk mixture, then add to milk mixture. Continue cooking, stirring, constantly, until thickened. Add shrimp; heat to serving temperature. Serve shrimp mixture in noodle ring. Garnish with parsley.

Serves 4.

Italian Minestrone

1/2 to 1 cup uncooked macaroni

3 cups water

1 envelope spring vegetable soup mix

1 (1-pound) can kidney beans

1 (8-ounce) can tomato sauce

1 medium onion, chopped

1 clove garlic, minced

1 teaspoon salt

1/8 teaspoon pepper

1/2 cup chopped parsley

Grated Parmesan cheese

Cook macaroni in boiling, salted water, according to package directions. Add water to soup mix in saucepan. Bring to boil.

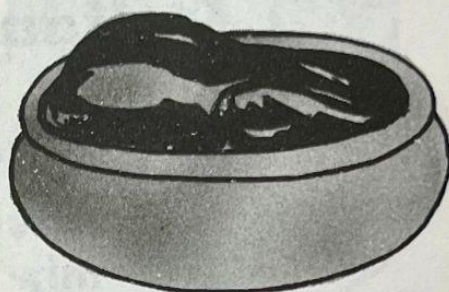
Add beans and liquid, tomato sauce, onion, garlic, salt and pepper. Bring to boil, then cover and simmer 15 minutes.

Stir in parsley and macaroni. Heat thoroughly, about 5 minutes. Sprinkle with cheese just before serving.

Serves 4 to 6

Pato A La Sevillana

- 5 pound duckling**
- 1/4 cup flour**
- 1/2 pound small white onions**
- 2 cloves garlic, minced**
- 1 medium orange, peeled and sliced**
- 1 jar (4-3/4 ounces) pimiento-stuffed olives, drained and sliced (1 cup)**
- 1 can (1 pound) tomatoes**
- 1-1/4 cups duck stock**
- 1/2 cup dry sherry**
- 1 or 2 bay leaves**
- 1/4 teaspoon rosemary leaves**
- 3/4 teaspoon salt**
- 1/8 teaspoon pepper**
- Hot cooked rice**
- Orange slices and whole pimiento-stuffed olives**



Dredge duckling with flour; place on rack of shallow roasting pan. Bake in 400-degree (hot) oven 1 hour.

Meanwhile, combine onions and remaining ingredients, except rice, in saucepan. Bring to boil; boil 15 minutes.

Remove duckling from pan; drain off fat. Return duckling to pan without rack. Add tomato mixture. Bake in 350-degree (moderate) oven 1 hour or until duckling and onions are tender. Remove duckling and onions to platter; keep warm.

Skim fat from sauce, heat to boiling and serve with duckling and rice. Garnish with additional orange slices and olives, if desired.

To prepare Duck Stock: Combine duckling giblets and neck with 1 1/4 cups water and 1/2 teaspoon salt in saucepan. Cover, bring to a boil and simmer 1 hour, strain.

Serves 6.

Ham and Veal Loaf

- 2 cups ground ham**
- 1 pound ground veal**
- 1 cup crushed corn flakes**
- 1 teaspoon powdered mustard**
- 1 tablespoon water**
- 1 teaspoon salt**
- 1/2 teaspoon thyme**
- 1/4 teaspoon ground black pepper**
- 3 tablespoons minced onion**
- 2 large eggs, beaten**
- 1 cup milk**

Put ham through the food chopper, using the medium blade. Add veal and cornflakes.

In the meantime, soak mustard in water 10 minutes to develop the flavor. Add to meat along with remaining ingredients. Mix well.

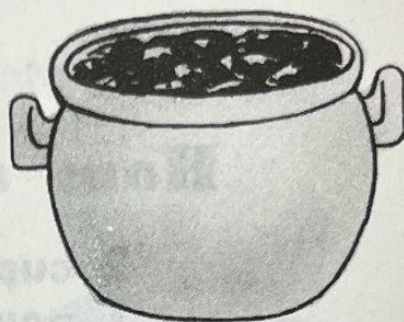
Turn into a greased 9 x 5 x 3 inch loaf pan. Bake in a preheated moderate oven (350 degrees) 1-1/4 hours or until meat is done.

Serves 6 to 8.

Caldereta de Cordero al Jerez

(Lamb Stew, Jerez Style)

- 2-1/2 pounds lamb for stew**
- 1/2 cup vinegar**
- 1/2 cup water**
- 1 or 2 garlic cloves**
- 3 tablespoons olive oil**
- 1-1/2 teaspoons salt**
- 1 tablespoon flour**
- 1/4 teaspoon freshly ground black pepper**
- 1/8 teaspoon powdered cloves**
- 2 medium onions, sliced**
- 1 cup boiling water**
- 1/2 cup sherry**
- 2 tablespoons fresh mint, chopped fine, or 1 teaspoon dry mint**



Marinate meat about one hour in equal parts vinegar and cold water, turning once or twice, drain, pat dry.

Place peeled garlic clove in the olive oil, heat until garlic is lightly browned, then remove. Rub the meat in mixture of salt, pepper, cloves and flour; brown in the hot oil until crisp, then push to one side of pan.

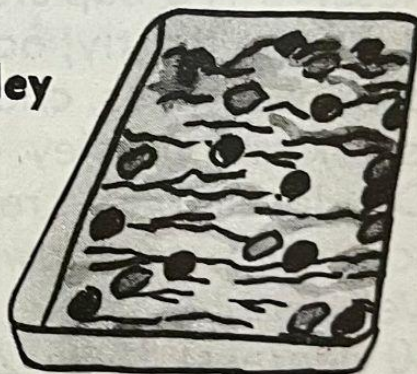
Cook onions over moderate heat until soft; replace meat, add boiling water, and stir until smooth. Cover; cook gently until tender, 2 to 3 hours, adding sherry during last half hour.

Crush fresh mint to a paste with mortar and pestle, blend with a little meat gravy, add to remaining gravy. Or rub dried mint between fingers, add direct to gravy. Do not add mint until 5 minutes before end of cooking time.

Serves 4 to 6.

Veal Marengo

- 4 pounds shoulder of veal, cut in 2-inch cubes**
- 1/2 cup vegetable oil**
- 2 tablespoons butter or margarine**
- 2 medium onions, chopped**
- 2 teaspoons flour**
- 2 (8-ounce) cans tomato sauce**
- 3/4 cup white wine or water**
- 2 tablespoons chopped parsley**
- 1 clove garlic, minced**
- 1 bay leaf**
- 2 teaspoons salt**
- 1/4 teaspoon pepper**
- 1 pound small mushrooms**
- Olives**

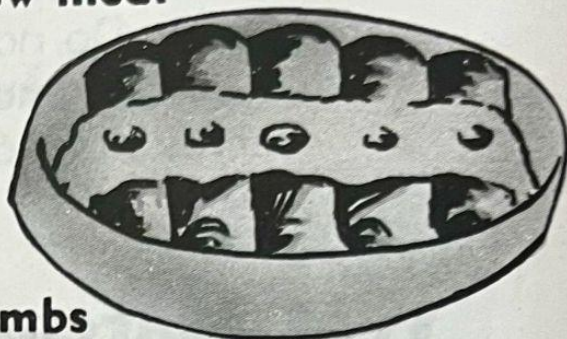


Brown meat in mixture of oil and butter or margarine. Add onion and cook until transparent; stir in flour. Add tomato sauce, wine or water, parsley, garlic, bay leaf, salt and pepper. Cover and simmer about 1 hour or until meat is tender. Rinse mushrooms in cold water, stir into meat mixture and cook 15 minutes longer. Garnish with olives.

Serves 6.

Olive Cannelloni

- 1/2 cup chopped onion**
- 1 tablespoon cooking oil**
- 1 pound boneless veal stew meat**
- 3/4 teaspoon salt**
- 1/8 teaspoon rosemary**
- 1/8 teaspoon thyme**
- 2/3 cup broth or water**
- 1 egg**
- 3/4 cup fine, soft bread crumbs**
- 1 cup canned ripe olives**
- 3 tablespoons chopped parsley**
- Swiss cheese sauce**



Cook onion in oil until soft. Add veal, salt, herbs and broth. Cover; simmer about 1 hour until tender, adding a little more liquid if needed.

Reserve 1/3-cup stock. Chop meat.

Beat egg lightly; add crumbs, coarsely chopped olives, chopped veal, reserved stock and parsley. Mix well.

Divide among crepes and roll up. Place seam side down in baking dish. Cover closely. Bake in moderate oven (350 degrees) 15 to 20 minutes. Serve with Swiss cheese sauce.

Crepes: Combine 1 cup flour, 2 eggs, 2/3-cup milk, 2 tablespoons melted butter, 1/2-teaspoon salt. Beat smooth with rotary beater.

Heat eight-inch skillet, grease lightly. Add 2 tablespoons batter. Tilt pan to spread. Brown lightly on both sides. Repeat until all batter is baked. Makes 8 crepes.

SWISS CHEESE SAUCE: Melt 2 tablespoons butter and blend in 2 tablespoons flour, 1/2-teaspoon salt and 1/4-teaspoon dry mustard. Slowly stir in 1 1/4 cups milk. Cook, stirring until sauce boils and thickens. Add 1 cup coarsely grated process cheese and 3 to 4 drops liquid red pepper seasoning. Stir over low heat until cheese melts.

Serves 4.

Pickle Ham Ring

- 2 cups soft bread crumbs**
- 1-1/2 cups milk**
- 2 eggs**
- 1/2 teaspoon salt**
- Dash seasoned pepper**
- 1 teaspoon Worcestershire sauce**
- 1-1/2 pounds ground cooked ham
(about 4 cups)**
- 1/2 cup undrained sweet pickle re-
lish**
- 1/4 cup firmly packed brown sugar**
- 8 small sweet gherkins**
- 4 (canned) pineapple slices, halved**

Blend together bread crumbs, milk, eggs, salt, pepper and Worcestershire sauce in bowl. Add ham and pickle relish; mix thoroughly.

Sprinkle sugar in bottom of greased 6-1/4-cup ring mold.

Arrange gherkins on bottom and pineapple slices around side of mold; turn in ham mixture, packing lightly.

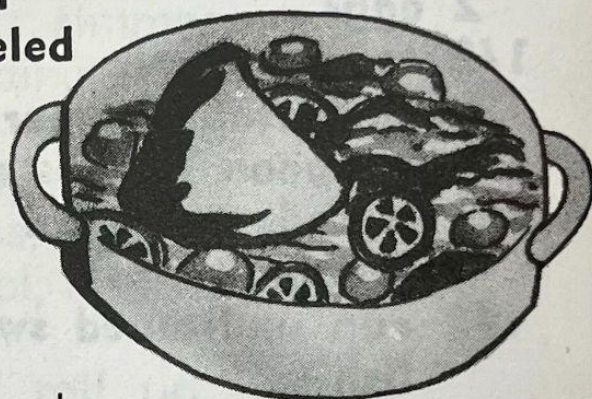
Bake in 350-degree (moderate) oven 1 hour; unmold.

Serves 8.



Guisada Galiciiana

- 2 to 3 pounds boned, trimmed
bottom round, cubed**
- 6 tablespoons olive oil**
- 1 tablespoon vinegar**
- 1/4 teaspoon oregano**
- 1 bay leaf**
- 1/4 cup fresh minced parsley**
- 1/4 pound diced unsliced bacon
(optional)**
- 1 carrot, cubed**
- 1 stalk celery, diced**
- 1 onion, quartered**
- 1 fresh tomato, quartered**
- 4 to 5 small potatoes, peeled**
- Water**
- 2 to 3 teaspoons salt**
- 2 to 3 cloves garlic**
- 1/4 cup minced onion**
- 1 tablespoon paprika**
- 1/2 cup Spanish sherry**



Place meat in pressure cooker or Dutch oven, cover with water (add no salt), bring to a boil, cook 10 minutes; drain and discard water. To meat add 2 tablespoons olive oil, 1 tablespoon vinegar, oregano, bay leaf, parsley, a pinch of salt: marinate meat in this sauce for several hours.

Remove meat from marinade to pressure cooker or Dutch oven, add bacon (if desired), carrot, celery, quartered onion, quartered tomato, potatoes and water (use 1 cup water if cooked in a pressure cooker, 2 cups if cooked in Dutch oven or other pot).

Add 1 teaspoon salt, for each pound meat. Cover, cook under pressure for 25 minutes, or in Dutch oven for 1-1/2 hours.

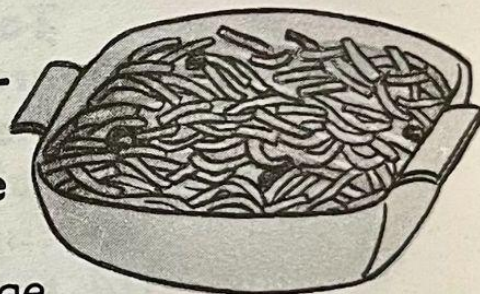
In Dutch oven or other pot, it may be necessary to add water as meat cooks.

Meantime, make following sauce: in remaining 4 tablespoons olive oil, cook whole garlic buds and minced onion until very soft; add paprika and sherry. Cook a few minutes longer, then puree in blender or force through sieve. Add to stew, simmer stew 5 minutes.

Serves 4 to 6.

Macaroni and Cheese

- 1 package (1 lb.) elbow macaroni**
- 2 cans (10-1/2 oz. each) condensed cream of mushroom soup**
- 1 can (6 oz.) sliced broiled mushrooms**
- 1 pound sharp processed cheese**
- 2 ounces Parmesan cheese**

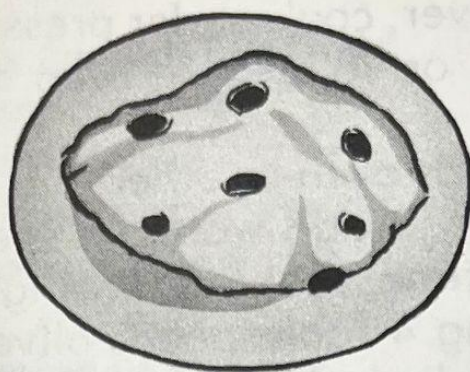


Cook macaroni according to package directions until just tender and drain well. Combine soup and mushrooms, including broth, in a saucepan and place over low heat until thoroughly hot.

Stir in diced cheese and heat, stirring constantly until cheese melts.

Combine with macaroni and place in a well-greased 2-1/2 quart casserole, sprinkle with Parmesan cheese and bake in a preheated 350-degree oven until thoroughly hot and cheese is slightly browned, about 30 minutes.

Serves 12.



Green Omelet Almondine

- 1/2 cup whole blanched almonds, or
pili**
- 1/2 cup parsley sprigs**
- 1 green chili pepper or 2 table-
spoons chopped green sweet
pepper and several dashes
Tabasco**
- 1 green onion, cut into 1-inch
pieces**
- 2 tablespoons water**
- 1 cup dairy sour cream**
- 3/4 teaspoon salt**
- 6 eggs**
- 1/4 cup water**
- 1 teaspoon your favorite herb**
- 1 package (3 ounces) cream
cheese**
- 3 tablespoons butter**

Place almonds or pili in shallow pan and heat in moderate oven (350 degrees) 5 minutes or until lightly toasted. Grind parsley, chili pepper and green onion; rinse grinder with 2 tablespoons water to obtain all the juices and ground particles.

Stir into sour cream in a saucepan, add salt. Beat eggs with 1/4 cup water and seasoning. Cut cheese into 1/2 inch cubes and stir into egg mixture.

In skillet, heat butter until it bubbles; pour in egg mixture. As eggs set gently lift edges and tilt pan so uncooked portion flows to bottom and cooks. While eggs are cooking, warm sour cream mixture. Fold omelet and slide onto warm platter. Add almonds or pili to cream sauce and pour over omelet.

Serves 4.

Hungarian Goulash

1-1/2 pounds beef stew meat (solid meat)

Beef suet for browning meat

2 cups sliced onions

2 teaspoons salt

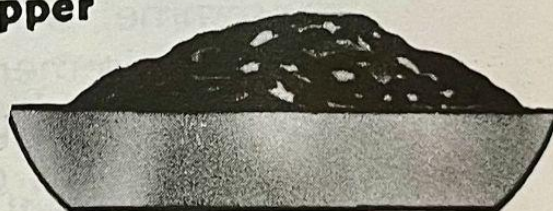
1/4 teaspoon ground black pepper

3 teaspoons paprika

1/8 teaspoon ground cayenne pepper

1 cup water

1-1/2 cups coarsely chopped green pepper



Cut meat into 1-inch cubes. Place suet in a Dutch oven or saucepan. Add meat and brown on all sides.

Add onions and saute until light browned. Stir in next 5 ingredients. Cover and simmer 2 hours or until tender. Add green pepper 30 minutes before cooking time is up. Serve with noodles or mashed potatoes.

Serves 6.

Red and Green Pilaf

- 2 tablespoons butter or margarine**
- 1-1/2 cups rice**
- 1 (10-1/2-ounce) can consommé**
- 3/4 cup water**
- 1/2 teaspoon salt**
- 3 tablespoons minced onion**
- 3 medium-sized tomatoes**
- 1/2 cup sauterne or other white dinner wine, or water with lemon or calamansi juice**
- Salt and pepper**
- 1/3 cup chopped parsley**
- 2 tablespoons grated Parmesan cheese**

Melt butter or margarine in skillet, add rice and stir over moderate low heat until rice is lightly browned. Add consommé, water, salt and onion, cover and simmer 10 minutes.

Meanwhile, peel and slice tomatoes. After rice has cooked 10 minutes, stir in wine or water and lemon or calamansi juice. Arrange rice in layers with sliced tomatoes in casserole, sprinkling tomatoes with salt, pepper and parsley.

Top with Parmesan cheese. Cover casserole closely, and bake in moderate oven (350 degrees F.) 45 minutes.

Serves 6.

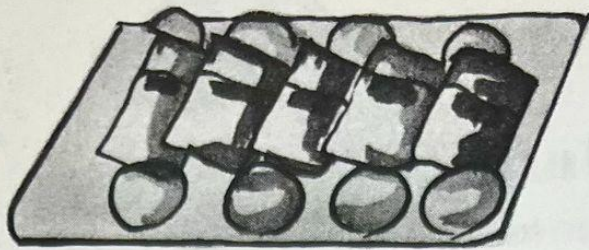


Spanish Cocido

- 2 pounds boned chuck or breast of veal**
- 1/4 cup olive oil**
- 3 to 4 large onions, chopped or sliced**
- 2 garlic cloves, minced**
- 2 tomatoes quartered**
- 1/2 cup minced parsley**
- 1 cup chopped ham**
- 1 ham bone**
- 4 chicken wings**
- 1 pound chick peas (garbanzos)**
- 3 quarts cold water**
- 1 tablespoon salt, or to taste**
- 4 carrots, cubed**

The meat is usually placed in a heavy pot or Dutch oven in a single piece, but may be cut into chunks if preferred. Sear in the olive oil over high heat; when meat is browned, lower heat, add the onion, the minced garlic and the tomatoes. Add remaining ingredients, turn heat as low as possible, bring slowly to a boil, then simmer very gently, covered for 4 to 5 hours. Add more liquid as it cooks, if needed; the chick peas must be well covered throughout the cooking period (but they need not be soaked before cooking).

Serves 8 to 10.



Tongue and Potatoes

- 3 pounds smoked tongue**
- 4 quarts water**
- 2 tablespoons flour**
- 2 cups tongue stock**
- 1 teaspoon salt**
- $\frac{1}{8}$ teaspoon ground black pepper**
- $\frac{1}{4}$ cup finely chopped onion**
- $\frac{1}{2}$ cup finely chopped celery**
- 6 medium potatoes**

Wash tongue and place in a saucepan large enough for cooking tongue. Add water. Cover and cook 2 hours or until tongue is tender. Cool tongue in cooking water. Remove skin. Trim off fat; discard.

Place in a long baking dish. Mix flour to a smooth paste with $\frac{1}{4}$ cup of the tongue stock. Add remaining stock, salt, black pepper, onion and celery. Pour over tongue.

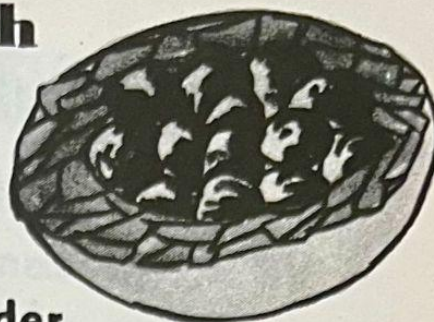
Peel potatoes, cut in half and arrange around tongue.

Cover with foil and bake in a preheated moderate oven (350 degrees F.), 45 minutes or until potatoes are tender.

To serve, slice tongue and place on platter. Arrange potatoes around it and garnish with parsley.

Serves 6.

Veal Balls with Mushrooms



- 1 lb. ground veal**
- 1 teaspoon salt**
- 1/8 teaspoon garlic powder**
- 1/4 cup milk**
- 1 egg, beaten**
- 1 cup chicken or beef bouillon**
- 2 teaspoons soy sauce**
- 2 tablespoons corn starch**
- 1 can (6 oz.) broiled mushroom crowns**
- Broth from mushrooms and water to make 1 cup**
- 1/2 cup red wine or bouillon**
- Hot cooked noodles or rice**

Combine veal, salt, garlic powder, milk and egg. Mix thoroughly and refrigerate about 20 minutes.

Shape into 18 meatballs.

In a large skillet or Dutch oven, combine bouillon and soy sauce, add veal balls and bring to a boil. Cover and simmer 5 minutes; turn veal balls and cook, covered, 10 minutes longer.

Push veal balls to one side and stir in corn starch dissolved in mushroom broth and water. Cook, stirring constantly until sauce thickens and clears. Add wine and mushrooms. Heat 5 to 10 minutes, stirring now and then.

Serve with hot buttered noodles or rice.

Serves 4 to 6.

No-Bake Pickle

Ham Loaf

- 1 can (8 1/2 ounces) sliced pineapple, drained and halved**
- Midget sweet gherkins, cut in slices**
- 4 cups ground cooked ham**
- 1 can (1 pound, 1 ounce) green lima beans, drained**
- 1 cup finely chopped celery**
- 1/2 cup sweet pickle relish**
- 1/4 teaspoon dry mustard**
- 2/3 cup mayonnaise**

Using 2 pieces of waxed paper, cut to fit the length and width of bottom and sides, line a 9 x 5 x 3-inch loaf pan.

Arrange 2 pineapple half slices and pickle slices to create a design on bottom of pan.

Combine ham, limas, celery, relish, mustard and mayonnaise; mix well. Gently spoon about 2 cups of ham mixture over design; press firmly.

Arrange remaining pineapple with pickle slices on each side. Pack in remaining ham mixture. Chill well. To serve unmold on platter and remove waxed paper.

(Cut waxed paper long enough to overlap loaf to cover while chilling.)

Serves 6 to 8.

Empanadas Gallego

2 cups all-purpose flour, unsifted

1/4 teaspoon salt

1/2 cup olive oil

1 egg, separated

1/4 cup ice-cold water

Sift together flour and salt, place in bowl, make hole in center of flour. Add olive oil, egg yolk and water, blend with fork, then knead with fingers until smooth and pliable.

Roll out half of dough at a time on slightly floured board into square shape. Cut into pieces 4 x 4 inches. Place 2 tablespoons filling in each, fold over moistening edges to seal. Brush unbeaten egg white over top of pastry.

Bake in oven preheated to 425 degrees until golden, approximately 10 minutes. Usually eaten hot, but can be eaten cold.

Serve with a dry sherry.

Filling

1 cup cooked pork, chopped fine

4 tablespoons olive oil

1 small onion, minced

2 tablespoons diced pimiento

1 or 2 hard-boiled eggs, diced

1 tablespoon minced parsley

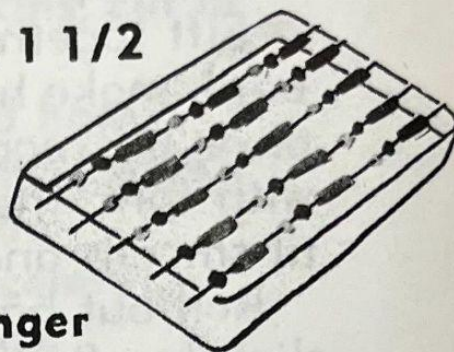
3/4 cup white wine

Cook onion and pimiento in oil until soft; add meat, cook 1 minute; add egg, parsley and wine; simmer 5 minutes over low heat.

Makes 8 to 10 to serve 4 to 5.

Sunny Ham Kabobs

- 3 to 4 carrots, cut in 1-inch rounds**
- 1 can (6 oz.) broiled mushroom crowns**
- 1 can (13 1/2 oz.) pineapple chunks**
- 1 1/2 lb. cooked ham, cut in 1 1/2 inch cubes**
- 1 tablespoon cornstarch**
- 1 tablespoon brown sugar**
- 4 tablespoons lemon juice**
- 1/4 to 1/2 teaspoon ground ginger**
- 1/4 teaspoon salt**
- 1/2 teaspoon Worcestershire sauce**



Cook carrots in boiling water until just tender. Drain mushroom crowns and pineapple chunks, reserving liquid.

On each of 5 grill skewers, arrange alternately mushrooms, carrots, ham and pineapple.

Combine broth from mushrooms and pineapple juice and remaining ingredients. Cook over low heat, stirring constantly until sauce thickens and clears. Add any extra mushroom crowns and pineapple chunks to sauce.

On a rotary electric grill, broil kabobs about 15 minutes. Brush now and then with sauce. Serve kabobs with remaining sauce.

Under an indoor broiling unit or over charcoal grill, broil kabobs about 3 inches from moderate heat, allowing about 15 minutes. Turn now and then, brush with sauce occasionally.

Serves 5.

Creole Meat-in-Potatoes

- 6 large baking potatoes
- 1/4 cup diced green pepper
- 1/4 cup diced onion
- 1/3 cup butter or margarine
- 1 pound ground beef
- 1 tablespoon tomato paste
- 1 tablespoon milk
- 1/4 teaspoon ground white pepper
- 2 teaspoons salt
- 2 teaspoons aromatic bitters
- 1/4 teaspoon crumbled rosemary leaves

Parsley sprigs

Wash potatoes. Dry. Bake in a preheated hot oven (400 degrees) 1 hour or until done.

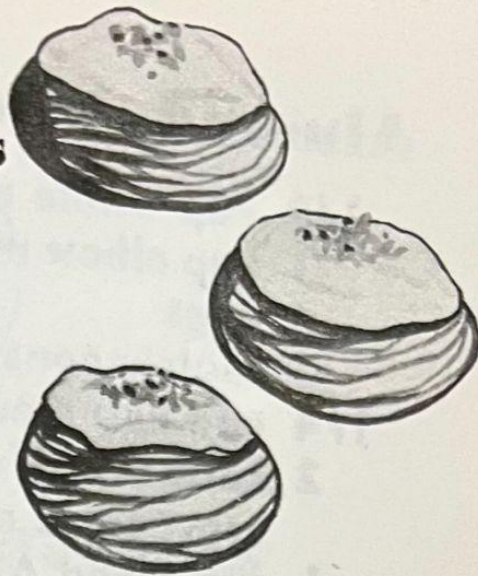
Meantime, saute green pepper and onion in 3 tablespoons of the butter or margarine until onion is limp. Cook ground beef until brown, drain excess fat. Add cooked beef to the vegetables with the tomato paste.

When potatoes are done, scoop out centers, leaving skins intact. Add milk and seasonings. Mash until smooth. Fold in meat and vegetables.

Fill skins with potato mixture, heaping them high. Dot tops with remaining butter or margarine. Heat thoroughly in preheated hot oven (400 degrees).

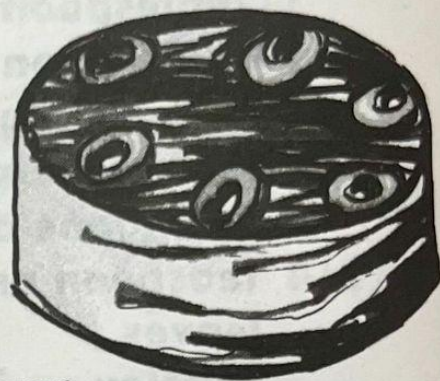
Serve garnished with sprigs of parsley.

Serves 6.



Almond Macaroni Loaf

- 1/2 cup whole almonds
- 1 cup elbow macaroni
- 6 eggs
- 3 tablespoons butter or margarine
- 1/4 cup chopped onion
- 2 cans (10 3/4 oz. each) cream of vegetables soup, undiluted
- 1 cup diced American cheese
- 1/4 cup grated Parmesan cheese
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Parsley sprigs



Reserve a few whole almonds for garnish; coarsely chop remainder. Place on pan, toast at 350 degrees 10 minutes, stirring occasionally.

Cook macaroni as package directs; drain.

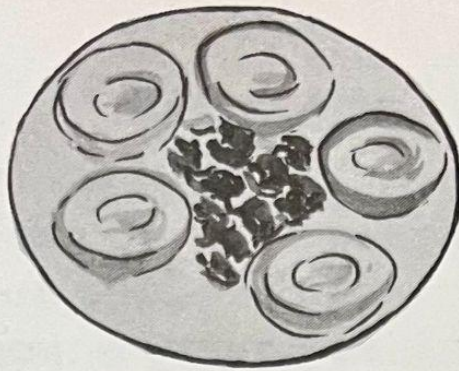
Hard-cook 2 eggs; slice.

Melt butter in large saucepan, add onion and saute until tender-crisp. Stir in chopped almonds, macaroni, 4 eggs, soup, cheeses, lemon juice, salt and pepper.

Lightly butter 8-inch spring-form pan or 9-inch square pan. Line sides of pan with remaining sliced cooked egg, setting aside some for garnish. Turn macaroni mixture into prepared pan. Bake at 350 degrees about 1 hour or until set.

Cool slightly, then remove pan sides; serve loaf on heated plate. (If square pan is used, invert loaf onto platter). Garnish top with sliced egg, whole almonds and parsley.

Serves 6.



Spiced Veal and Peaches

- 2 pounds veal shoulder, cut into 1-
1/2 inch pieces**
- 3 tablespoons flour**
- 1/4 teaspoon cinnamon**
- 1 teaspoon salt**
- 1/8 teaspoon pepper**
- 2 tablespoons vegetable oil**
- 3 tablespoons minced onion**
- 1 cup beef bouillon**
- 1 can (4-ounces) sliced mushrooms**
- 1 can (1-pound, 13-ounces) cling
peach halves**
- 6 small pieces stick cinnamon**
- 6 whole cloves**

Lightly coat veal with mixture of flour, cinnamon, salt and pepper; brown in oil. Add onion, bouillon and liquid from mushrooms. Stir well, then cover and simmer until meat is tender, about an hour.

Drain peaches and add to skillet with mushrooms. Place small cinnamon stick and a clove in each peach. Cover again and heat through, about 5 minutes.

Serve with rice.

Serves 6.

Oven-Roasted Duck

1 (4 to 5-pound) duck

Salt

1/4 cup lemon juice

1/2 cup light or dark corn syrup

2 tablespoons soy sauce

1/2 teaspoon ginger

1/4 teaspoon pepper

Sprinkle duck with salt inside and out. Truss and place on rack over roasting pan. Roast in a preheated 375-degree (moderate) oven, basting frequently with basting sauce until tender. Allow 15 to 20 minutes per pound.

To make basting sauce, combine the lemon juice, corn syrup, soy sauce, ginger and pepper. Heat to boiling point. Makes about 1 cup.

Serves 6.

Lasagne

- 8 oz. lasagne egg noodles, cooked**
- 1 clove garlic, crushed**
- 1/2 cup chopped onion**
- 1/2 pound ground beef**
- 2 (6 oz.) canned tomato sauce**
- 1/2 cup canned mushrooms, chopped**
- 2 dried basil leaves**
- 1 tsp. parsley**
- Salt and pepper to taste**
- 1-1/2 cup water**
- 2 cups creamed cottage cheese**
- 1 cup chopped spinach**
- 1/2 cup diced sausage (canned)**
- 1 cup grated cheese**

Cook lasagne egg noodles as directed in package. Saute garlic and onion. Add ground beef and brown well. Add tomato sauce, mushrooms, basil leaves, parsley, salt and pepper to taste. Then add water and let simmer for a while.

Combine cottage cheese, spinach and sausage. In 12 x 8 inch baking pan alternate layers of 2 thickness of noodles, cottage cheese mixture, meat mixture and cheese. Bake at 350 degree F. for 30 minutes. Remove from oven and let stand for a while before serving. Sprinkle grated cheese on top of casserole.

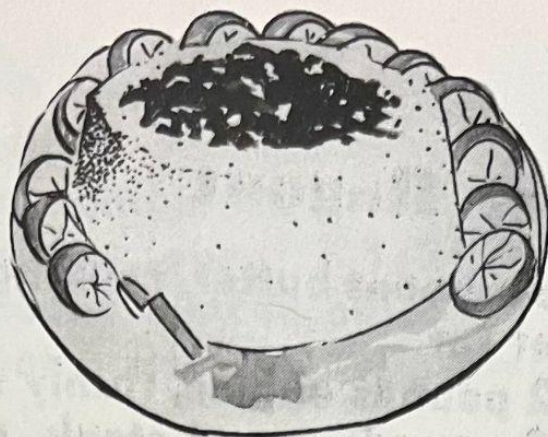
Serves 6 to 8.

Huevos Con Migas

- 1/4 cup olive or salad oil**
- 1/2 teaspoon minced garlic**
- 6 slices stale bread, cut into 1/4-inch**
- 6 large eggs**
- Salt to taste**
- Ground black pepper to taste**
- Paprika**

Heat olive oil with garlic in 9-inch skillet. Saute bread cubes in hot oil until golden brown, over which break eggs. Lower heat, cover and cook slowly until eggs have set, yet not hard-cooked. Sprinkle with salt, ground black pepper and garnish with paprika. Remove eggs carefully from pan, having a layer of bread cubes attached under each serving.

Serves 6.



Beef in Curry Rice Ring

- 3** tablespoon margarine
- 3/4** cup green onions, chopped
- 3** tablespoons flour
- 2** cups milk
- 1** tablespoon Worcestershire sauce
- 1/2** teaspoon dry mustard
- Salt to taste**
- Dash of pepper**
- 1/2** kilo sliced (paper-thin) tender, lean beef

Curry Rice Ring

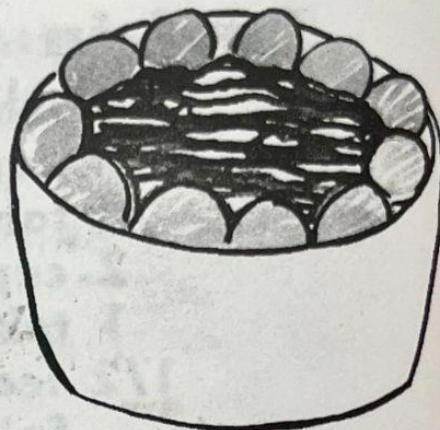
Melt margarine in a 2-quart saucepan. Saute beef and remove. Add onions and saute until almost done. Add flour and blend well. Stir in milk, Worcestershire sauce, mustard, salt and pepper. Continue stirring until mixture has thickened and is smooth. Stir in cooked beef and simmer a few minutes. Serve in Curry Rice Ring.

Curry Rice Ring: To 4 cups hot cooked rice, add 1 teaspoon curry powder and 2 tablespoons melted butter or margarine. Toss together, pack in a 1-quart ring mold.

Serves 4

Beef Ragout

- 4 tablespoons butter, cooking oil or beef fat
- 1 1/2 pounds onions, thinly sliced
- 2 1/2 pounds round steak, cubed
- 1/4 cup flour
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 1 clove garlic, minced
- 1 quart beer
- 2 tablespoons flour
- 2 tablespoons butter



In a heavy Dutch oven heat butter, oil or beef fat. In it saute onions for about 10 minutes, or until tender and lightly browned. Remove onions.

Roll cubes of steak in the 1/4 cup flour until lightly coated on all sides. Brown the cubes, a few at a time, over high heat in fat remaining in Dutch oven. When meat is well browned sprinkle with salt, pepper and thyme. Add the onions, garlic and beer.

Cover and simmer over low heat for 1 1/2 hours.

Mix the 2 tablespoons flour and butter to a smooth paste. Stir into the hot sauce, bit by bit, and cook, stirring, until sauce is slightly thickened. To serve garnish with small boiled potatoes.

Serves 6.

Steak Rolls

- 1/4 cup flour**
- 1 teaspoon onion salt**
- 6 cube steaks (about 1 1/2 lbs.)**
- 3 tablespoons minced onion**
- 1 tablespoon prepared yellow mustard**
- 1/2 teaspoon leaf oregano**
- 3/4 cup milk**
- 2 cups fresh bread crumbs**
- 3 tablespoons shortening**
- 1 cup water**
- 1/4 cup cold water**
- 1 envelope (3/4 oz.) brown gravy mix**
- 3 tablespoons sherry**



Combine flour and onion salt; sprinkle on both sides of cube steaks.

In a mixing bowl, combine the onion, yellow mustard, oregano, milk and bread crumbs; toss to mix. Spread a portion of filling on each steak, then roll up, jelly roll fashion. Secure with wooden pick or tie with string.

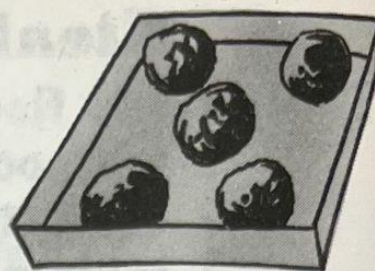
In hot shortening, in skillet, brown steak rolls on all sides. Add water; cover; reduce heat and simmer for 30 to 40 minutes. Remove from heat.

Arrange steak rolls on platter.

Add 1/4 cup cold water and the gravy mix to liquid in pan. Blend well; stirring constantly. Add sherry; place over heat, and bring to a boil a minute longer and serve with steak rolls.

Serves 6.

Golden Treasure Meat Balls



- 1-1/2 pounds ground beef**
- 1 teaspoon salt**
- 1/8 teaspoon pepper**
- 1/2 teaspoon garlic salt**
- 1/4 teaspoon dry mustard**
- 1-1/2 cups soft bread crumbs**
- 1/3 cup chopped green pepper**
- 1 egg, beaten**
- 1/3 cup catsup**
- 1/4 pound Cheddar cheese cut into
16 3/4-inch cubes**
- 3 tablespoons lard or drippings**
- 2 cans (8 ounces each) tomato
sauce**
- 1 package (7 ounces) spaghetti,
cooked**

Combine ground beef, salt, pepper, garlic salt, dry mustard, bread crumbs, green pepper, egg and catsup. Mix well.

Shape into 16 meat balls, allowing about 3 to 4 tablespoons mixture for each. Place a cheese cube in the center of each meat ball and shape meat around it. Brown meat balls in lard or drippings. Pour off drippings. Add tomato sauce. Cover tightly and cook slowly 20 minutes.

Remove cover and continue cooking 5 to 10 minutes or until sauce is slightly thickened. Serve over spaghetti.

Serves 4 to 6.

Herb Beef Kabobs

- 2 pounds beef sirloin tip, cut into
1 1/2 inch cubes**
- 1/4 cup finely chopped onion**
- 1/2 cup lemon juice**
- 1/4 cup salad oil**
- 1/2 teaspoon salt**
- 1/4 teaspoon celery salt**
- 1/4 teaspoon pepper**
- 1/2 teaspoon oregano**
- 1/2 teaspoon thyme**
- 1 clove garlic, finely chopped**
- 8 eggplant wedges cut 2 inches in
length**
- 4 small cooked onions**
- 4 12-inch skewers**
- 4 small tomatoes**

Combine onion, lemon juice, salad oil, salt, celery salt, pepper, oregano, thyme and garlic. Pour marinade over meat. Cover tightly and refrigerate overnight.

Pour off marinade and reserve.

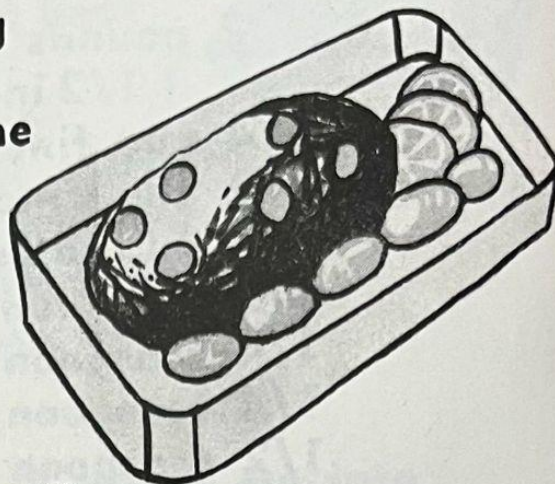
Thread each skewer with meat, eggplant, meat, onion, meat, eggplant and meat. Brush with marinade.

Place on grill 3 to 4 inches from heat. Cook 10 to 12 minutes. Turn, brush with marinade. Cook 8 to 10 minutes or until done. Place tomato on each skewer about 2 minutes before meat is done.

Serves 4.

Beef A La Mode

- 1 (3-pound) beef rump, round or sirloin
- Pork fat for larding
- 1/4 cup olive oil
- 2 cups white table wine
- 1/4 cup brandy
- 1 bay leaf
- 1/2 teaspoon thyme
- 2 sliced carrots
- 2 sliced stalks celery
- 1 sliced large onion
- 1 halved large clove garlic
- 2 sprigs parsley
- 1 veal knuckle
- 1 (10-1/2-ounce) can beef broth
- 1 envelope unflavored gelatin
- 2 tablespoons cold water



Have butcher lard beef with strips of pork fat.

Combine 2 tablespoons olive oil with wine, brandy, bay leaf and thyme. Pour over beef and vegetables. Refrigerate overnight, turning meat once or twice. Lift beef from marinade and dry on paper towels.

Brown on all sides in remaining 2 tablespoons olive oil. Brown veal knuckle. Add vegetables, marinade and beef broth. Heat to boiling. Cover and bake in slow oven (300 degrees) 3 to 3-1/2 hours or until meat is tender.

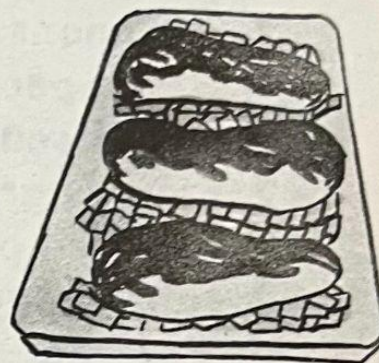
Remove from oven and do not remove cover until beef has cooled. Refrigerate beef.

Strain marinade through muslin; add gelatin softened in cold water stirring until dissolved. Cool until gelatin begins to thicken. Place chilled beef in shallow pan. Slowly spoon thickened gelatin over beef building up an aspic glaze.

Serves 6 to 8.

Pineapple Pepper Steak

- 2 pounds flank steak**
- Salt, pepper and dry mustard**
- 2 tablespoons fat for browning**
- 3 tablespoons soy sauce**
- 1 medium-sized green pepper**
- 1 (8-3/4-ounce) can pineapple tidbits**



Score flank steak on both sides and slash around edges to prevent curling. Season with salt, pepper and pinch of mustard.

Brown in hot fat about 2 minutes on each side. Sprinkle with soy sauce. Slice green pepper in thin rings and spread over meat. Pour undrained pineapple tidbits evenly over and around meat and pepper.

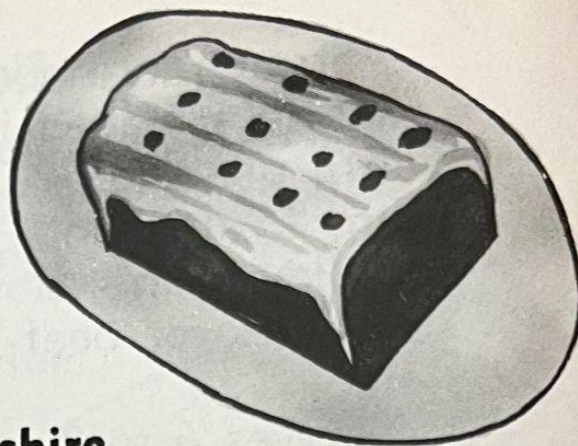
Cover and cook over medium heat, according to degree of doneness desired.

Remove meat to hot platter. Bring sauce in pan to boil, scraping pan well to loosen drippings. Pour over meat.

Garnish meat platter with border of noodles, if desired.

Serves 6.

Potato Frosted Meat Loaf



- 2 cups bread cubes
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup catchup
- $\frac{1}{2}$ cup minced onion
- 2 tablespoons Worcestershire Sauce
- 2 teaspoons salt
- Black pepper to taste
- $\frac{1}{4}$ cup diced green pepper
- 2 pounds ground beef
- Mashed potatoes
- 2 tablespoons melted butter
- Paprika

Remove crusts from slices of day-old bread; cube slices; measure. Combine in a mixing bowl bread cubes, milk, catchup, onion, Worcestershire sauce, salt, pepper and green pepper. Add ground beef; mix thoroughly.

Spoon into 9x5x3-inch loaf pan. Bake in a 350-degree oven for one hour.

When baked, pour off juices from meat loaf; place on heat-proof platter or shallow baking dish.

"Frost" sides and top of baked meat loaf with hot mashed potatoes. Spoon melted butter over top; sprinkle with paprika. Serve immediately or bake in 450 degrees oven 10 to 15 minutes.

Serves 8.

(To cooked, mashed potato, add salt to taste, 2 tablespoons butter and enough cream or milk to make it of desired consistency. Whip briskly before frosting the meat loaf.)



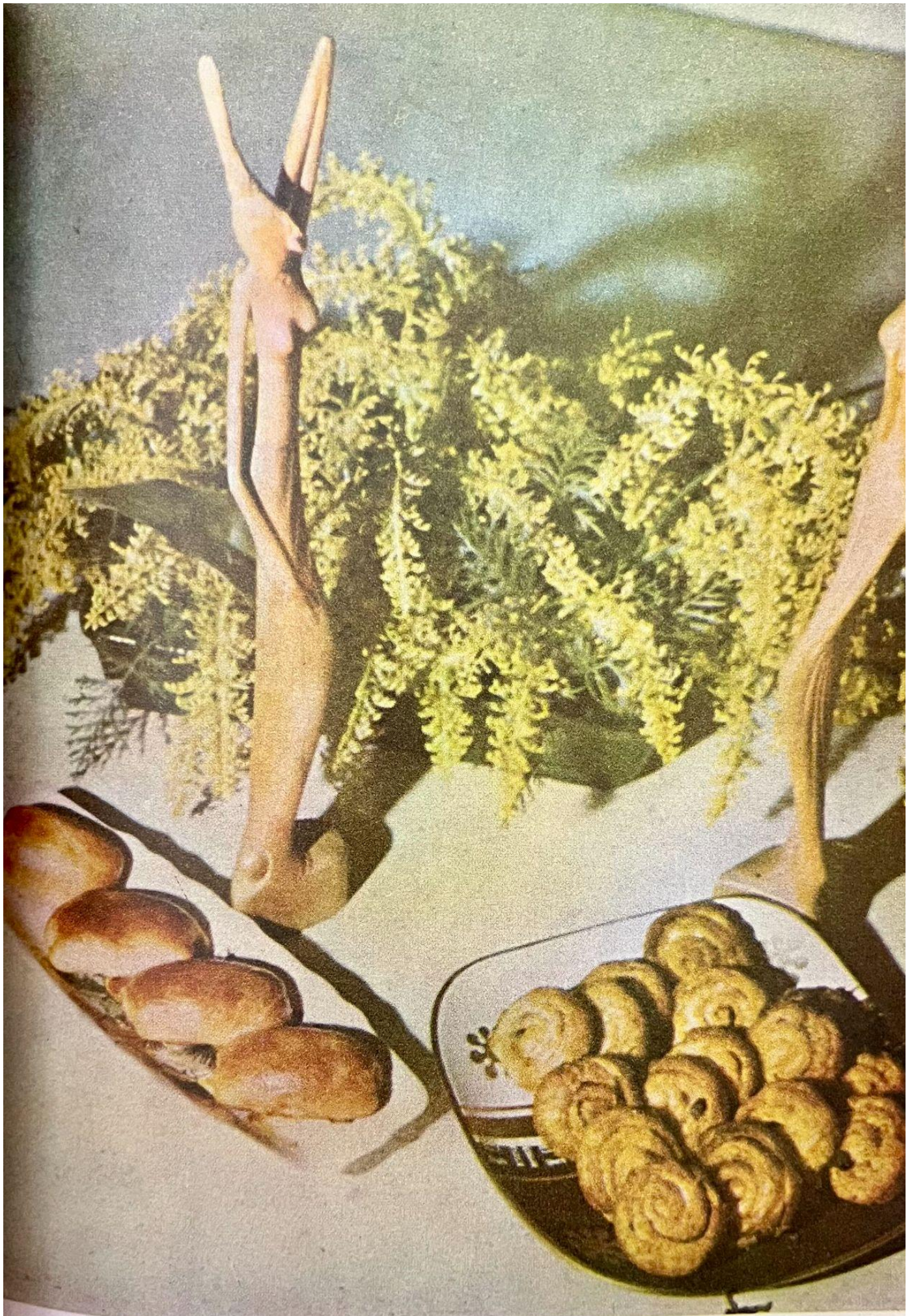
Lasagne



Colonial Pork Chops



Embutido



Cinammon Rolls

Spicy Beef Kabobs

- 2 teaspoons salt**
- 1 teaspoon chili powder**
- 1/2 teaspoon ground thyme**
- 1/2 teaspoon oregano leaves**
- 1/2 teaspoon ground ginger**
- 3/4 teaspoon garlic salt**
- 1/4 teaspoon ground black pepper**
- 1 bay leaf, crumbled**
- 2 tablespoons minced onion**
- 3 tablespoons calamansi juice**
- 1 tablespoon cider vinegar**
- 1/2 cup salad oil**
- 1 kilo boneless sirloin beef**

Combine seasonings with onion, calamansi juice, vinegar and salad oil.

Cut beef into 1-1/2 inch cubes.

Add to marinade. Let marinate at room temperature 4 to 5 hours or overnight in refrigerator.

String meat on skewers.

Broil over a charcoal fire or in an oven broiler 15 to 20 minutes turning skewers frequently to brown on all sides.

Makes 20 kabobs.

Sweet and Sour Meat Loaf



- 1 1/4 pounds lean ground beef**
- 1/4 pound pork sausage**
- 1 cup milk**
- 1 cup cubed day-old bread**
- 1/4 cup chopped onion**
- 1 teaspoon salt**
- 1/4 teaspoon nutmeg**
- 1 egg**

Combine cubed bread with milk and add remaining ingredients. Mix well but lightly. Form the mixture into a loaf and bake at moderate temperature (375 degrees) for 45 minutes. Pour off drippings. Serve with calamansi-flavored Sweet-Sour Sauce.

Sweet Sour Sauce

Juice of 3 calamansi (more or less depending on fruit size and your taste)

- 1/2 cup water**
- 2 tablespoons vegetable oil**
- 1 tablespoon chopped green pepper**
- 3 green onions, sliced**
- 2 teaspoons cornstarch**
- 1 tablespoon cold water**
- 1/2 teaspoon salt**
- 1 teaspoon soy sauce**
- 1 teaspoon monosodium glutamate**
- 1 teaspoon powdered ginger**
- 1 tablespoon chopped pimento**

Combine calamansi juice with water. Turn vegetable oil into saucepan and cook green pepper and onion in it until just barely tender.

Mix cornstarch with 1 tablespoon water and add to oil in pan with calamansi. Cook slowly while stirring to thicken. Add salt and other seasonings. Add pimento last. Serve hot with meat loaf.

Serves 4.

Special London Broil

2/3 cup corn oil

3 tablespoons vinegar

**2 tablespoons Worcestershire
sauce**

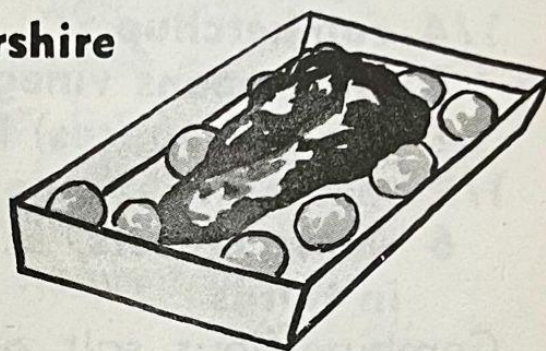
1/4 cup catsup

3/4 teaspoon salt

1 teaspoon paprika

1/4 grated onion

2-1/2 pound flank steak



To make marinade, combine all ingredients except flank steak. Beat with a wire whisk or shake well to blend flavors.

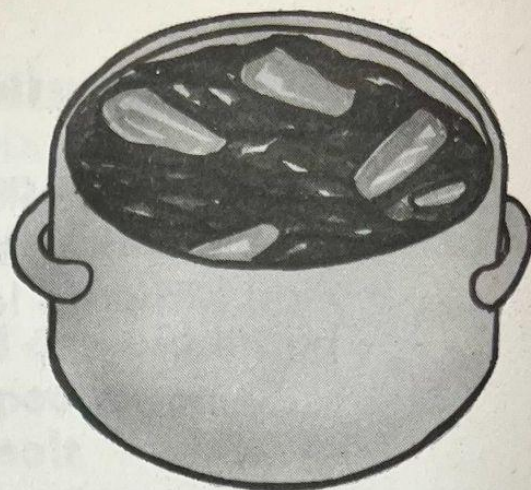
Trim excess fat from meat. Pour marinade over meat and refrigerate for several hours or overnight.

Remove meat from marinade and broil to desired degree or doneness. (About 7 minutes for **rare**.)

Other cuts of beef **are** now called "London Broil." They are so marked in meat case and can be used in this recipe instead of flank steak.

Serves 4.

Short Ribs Mount Vernon



- 1/4 cup flour**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 4 pounds beef short ribs, cut in 3-inch pieces**
- 2 tablespoons butter or margarine**
- 2 medium onions, chopped**
- 1/4 cup unsulphured molasses**
- 1/4 cup ketchup**
- 3 tablespoons vinegar**
- 1 can (12 ounces) beer or ale**
- 1/2 teaspoon tabasco**
- 6 whole carrots, scraped and cut in thirds**

Combine flour, salt, and pepper; roll short ribs in mixture.

Heat butter in Dutch oven or heavy kettle. Add ribs and brown on all sides. Remove ribs; add onion and cook until tender, but not brown.

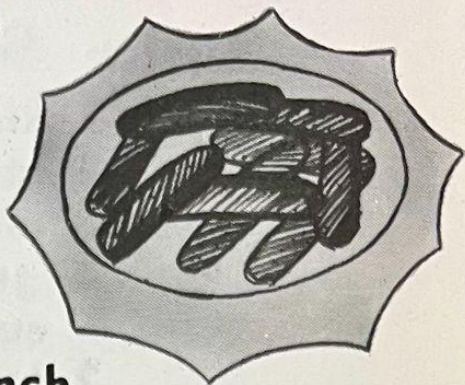
Add molasses, ketchup, vinegar, beer and tabasco; mix well. Return short ribs. Simmer 1-1/2 to 2 hours, until short ribs are tender.

Remove short ribs; skim fat from liquid. Return short ribs with carrots; cook until carrots are tender, 15 to 20 minutes.

Serves 5 to 6.

Veal Cutlets, Amandine

- 1 egg**
- 2 tablespoons milk**
- 1/2 teaspoon salt**
- 1/4 teaspoon thyme**
- 1/8 teaspoon pepper**
- 1-1/2 pounds veal steak, cut 1/4-inch thick**
- 3 tablespoons flour**
- 1 cup fine dry bread crumbs**
- 3 tablespoons fat**



Beat egg and stir in the milk, salt, thyme and pepper. Cut the steak into 8 equal-sized strips. Rub well with flour. Dip the veal strips into the egg mixture and then into the bread crumbs. Coat thoroughly. Chill for 1/2 hour so that the coating will stick to the meat. Heat the fat in a heavy frying pan over medium heat.

Brown the veal on both sides. Cover the pan and cook over a very low heat for 10 to 15 minutes, or until the meat is tender. Place the meat on a heated platter and pour Amandine Sauce over it. Serve with a lemon and parsley garnish.

AMANDINE SAUCE: Blanch 1/2 cup almonds, removing the skins. Cut into slivers. Brown 3 tablespoons butter in a heavy pan. Add almonds and saute until lightly browned. If you like, you may substitute cashews or pili nuts for the almonds.

Serves 4.

Cube Steak and Peppers

- 1 kilo cube steak
- 4 tablespoons shortening
- 2 onions, sliced
- 4 green peppers, quartered
- 1 cup canned tomatoes
- 2 teaspoons salt
- 1 teaspoon pepper

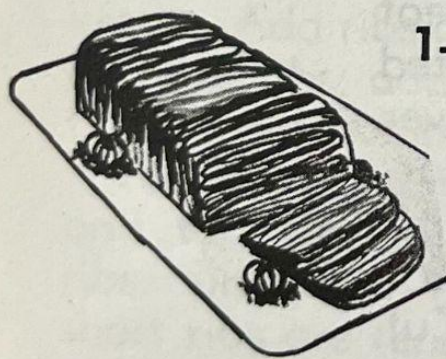
Cut cube steaks into strips. In large skillet, brown steak strips quickly in shortening.

Add onions, green peppers and tomatoes. Stir in salt and pepper. Cover tightly and simmer 10 minutes or just until vegetables are tender-crisp.

Serves 6.

Meat Loaf

- 1/2 pound ground beef
- 1 pound ground pork
- 3/4 cup rolled oats (quick or old fashioned, uncooked)
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon oregano
- 1/4 cup chopped onion
- 1 egg, beaten
- 1 cup tomato juice



Heat oven to moderate (350 degrees). Combine all ingredients thoroughly. Pack firmly into an 8-1/2 x 4-1/2 x 2-1/2-inch loaf pan.

Bake in preheated moderate oven (350 degrees) about 1-1/2 hours. Let stand 5 minutes before slicing.

Serves 8.

Meat Loaf Supreme

FILLING

- 1 cup fresh or canned sliced mushrooms, drained**
- 1/2 cup chopped onion**
- 2 tablespoons butter or margarine**

MEAT LOAF

- 1-1/2 lb. ground beef**
- 3/4 cup rolled oats (quick or old fashioned, uncooked)**
- 1 egg**
- 1-1/2 teaspoons salt**
- 1/4 teaspoon pepper**
- 1 teaspoon Worcestershire sauce**
- 2/3 cup milk**

Heat oven to moderate (350 degrees). For filling, saute mushrooms and onion in butter in medium-sized fry pan. Remove from heat.

For meat loaf combine all ingredients thoroughly. Place half of meat mixture in shallow baking pan. Shape to form an oval base.

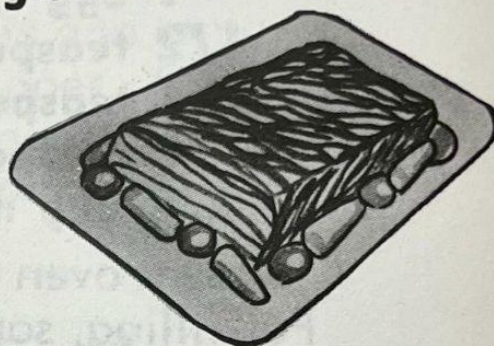
Lengthwise down the center make a shallow "well" for the filling. Spoon filling into "well".

Shape remaining meat mixture over filling, making sure all filling is covered. Seal bottom and top meat mixtures together. Bake in preheated oven (350 degrees) about 1 hour. Let stand 5 minutes before slicing.

Serves 8.

Party Meat Loaf

- 2 eggs
- 1 can (8 ounces) tomato sauce or
1 cup tomato juice
- 1 tablespoon prepared mustard
- 1 tablespoon unsulphured molasses
- 1 tablespoon vinegar
- 1/2 cup chopped onion
- 1/4 cup finely chopped parsley
- 2 teaspoons monosodium glutamate
- 2 teaspoons salt
- 1/2 teaspoon thyme
- 3 pounds ground beef
- 1/4 teaspoon Tabasco
- 3 cups soft bread crumbs
- Small cooked potatoes, baby carrots for garnish

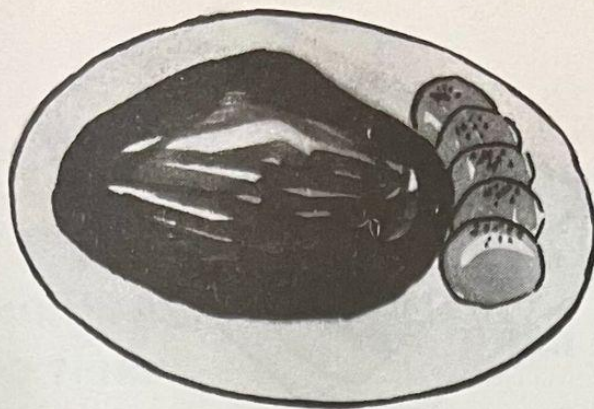


Beat eggs slightly in large bowl. Add tomato sauce, mustard molasses, vinegar and Tabasco; blend well. Mix in bread crumbs, onion, parsley, glutamate, salt and thyme.

Add ground beef; mix well. Turn into 9 x 5 x 3-inch loaf pan. Bake in moderate oven (350 degrees) 1-1/2 hours. Turn out onto platter and ring the meat loaf with whole Baby carrots and small potatoes.

NOTE: Use half of ingredients for meat loaf for 6 servings. Form mixture into loaf and bake in shallow baking pan in moderate oven (350 degrees) 1 hour, or bake in small loaf pan.

Serves 12.



Tabasco Steak Marinade

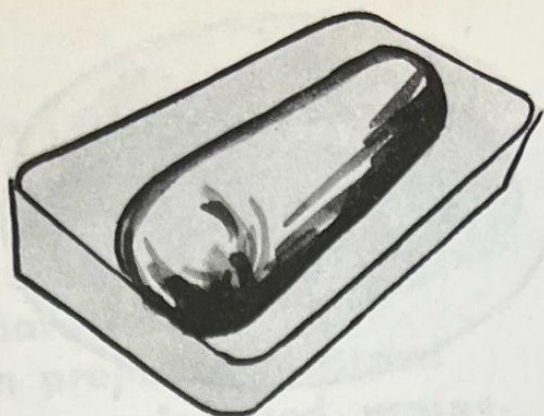
- 1 teaspoon Tabasco**
- 2/3 cup salad oil**
- 1/2 cup wine vinegar**
- 2 teaspoons salt**
- 1/2 teaspoon sugar**
- 1 garlic clove, crushed**
- 1 medium onion, sliced**
- 1 bay leaf**
- 1/2 teaspoon dried basil leaves**
- 1 teaspoon soy sauce**
- 2 teaspoons Worcestershire sauce**
- 4 to 5 pounds sirloin steak 3 inches thick**

Blend Tabasco, oil and wine vinegar in shallow dish. Stir in remaining ingredients.

Put steak in marinade; refrigerate and let stand 5 hours or overnight; turn 3 or 4 times. When ready to cook remove from marinade and place on rack in preheated broiler. Broil steak, 5 inches below heat, 20 to 25 minutes or until browned. Turn steak, broil on other side 20 to 25 minutes.

Cut steak near bone and check rareness. Broil longer if necessary. Serve at once on hot platter. If desired, serve with parsleyed potatoes and garnish.

Serves 6 to 8.



Versatile Meat Loaf-- Shaped to Please

1-1/2 pounds ground beef

1/2 pound ground pork

1 teaspoon salt

1/4 teaspoon pepper

**1 tablespoon Worcestershire
sauce**

1/2 cup grated carrots

1/4 cup chopped onion

1-1/2 cups soft bread crumbs

1/3 cup milk

2 eggs, slightly beaten

Combine all ingredients and mix thoroughly. Shape into individual loaves or pack into desired shape pan.

This recipe will yield 12 meat muffins, using 2 3/4-inch muffin pans; 12 1-inch thick patties 2-1/2 inches in diameter; 6 loaves, 3-1/2 x 3 x 1-1/2 inches; a 1-1/4-quart ring or a 9 x 5-inch loaf.

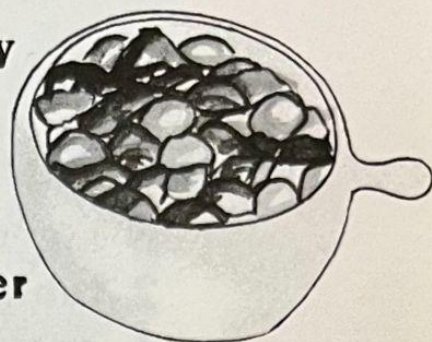
Bake in a moderate oven (350 degrees) for the length of time required: Muffins, patties or individual loaves 25 to 30 minutes; ring, 40 minutes; 9 x 5-inch loaf, 1 hour.

Shaped individual loaves may be wrapped in bacon if desired.

Serves 6 to 8.

Fresh Vegetable Beef Stew

- 3 pounds boneless top round**
- 1/3 cup flour**
- 1/2 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 1/4 teaspoon ground thyme**
- 1/3 cup butter or margarine**
- 2 tablespoons olive or salad oil**
- 1/3 cup chopped onion**
- 2-1/2 cups beef stock or consommé**
- 2 tablespoons chopped parsley**
- 1 small bay leaf, crumbled**
- 3 medium carrots**
- 1/2 pound fresh mushrooms**
- 10 small white onions**



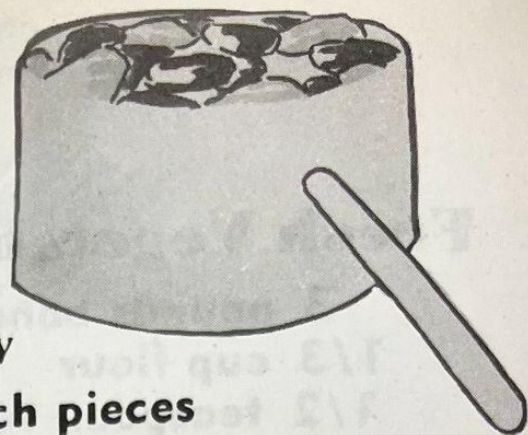
Trim excess fat from meat. Cut in 2-inch cubes.

Combine flour, salt, pepper and ground thyme. Coat the meat with this mixture.

Melt butter or margarine. Stir in olive or salad oil. Add meat and brown well on all sides. Stir in chopped onion and cook until onion is transparent. Add beef stock, chopped parsley and bay leaf. Peel and shred carrots medium fine and stir into the mixture. Cover and simmer 2 hours or until meat is almost tender.

Wash mushrooms and peel onions. Add to stew. Cover and simmer 25 minutes or until onions are tender. Serve hot.

Serves 10



Oxtail Barley Stew

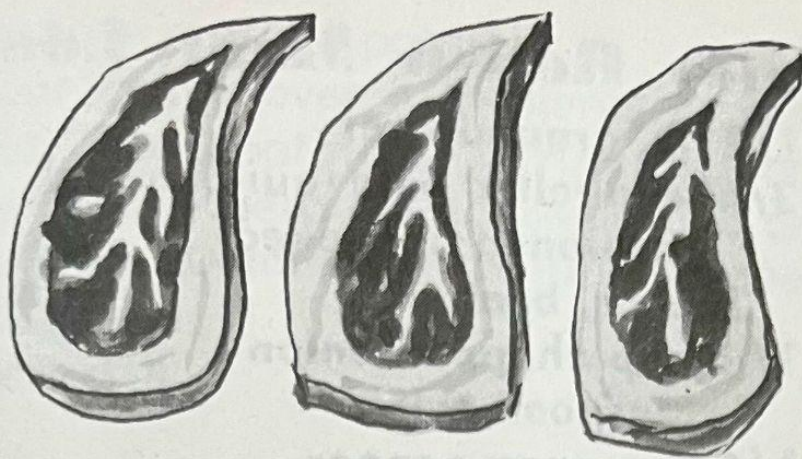
- 3 lbs. oxtail, cut in 2-inch pieces**
- 2 tablespoons butter**
- 1 garlic clove, finely minced**
- 4 medium onions, sliced**
- 1 medium green pepper, chopped**
- 2 cups fresh tomatoes, peeled and diced**
- 2 (10 1/2-oz.) cans beef bouillon**
- 2 cups water**
- 1/2 cup dry red wine (or water and lemon juice)**
- 1/2 cup pearl barley**
- 2 teaspoons salt**
- 1/4 teaspoon pepper**
- 3 carrots, cut in 1-inch pieces**
- 2 tablespoons parsley, chopped**

Wash and dry oxtail and cut off as much fat as possible. Heat butter in a large Dutch oven or kettle and brown oxtail.

Drain off fat. Add garlic and onion and cook 5 minutes. Add green pepper, tomatoes, beef bouillon, water and wine and bring to a boil.

Add barley, salt and pepper. Cover and simmer 1 1/2 to 2 hours, stirring occasionally until oxtail is tender. Add carrots and cook another 20 minutes. Check seasoning and remove as much fat as possible. Sprinkle with parsley before serving.

Serves 4.



Steak Teriyaki

- 3 club steaks, 1 1/2-inch thick**
- 2 cloves garlic, minced**
- 1 tablespoon chopped preserved ginger**
- 1 onion finely chopped**
- 3/4 cup soy sauce**
- 1/4 cup water**
- 1 teaspoon sugar**
- 1 teaspoon salt**

Trim excess fat from steaks and reserve. Slash edges of fat. Place steaks in a flat dish.

Combine remaining ingredients and pour over steaks. Cover and place in refrigerator for about 8 hours, turning two or three times. Remove from refrigerator one hour before cooking.

Place broil pan with rack in very hot oven (525 degrees F.) about 5 minutes to preheat. Rub rack with fat. Wipe steaks dry and lay on rack. Place in oven for 20 minutes to produce medium-rare steak.

Or wrap steaks in aluminum foil and broil over hot charcoal fire.

Serves 4 to 6.

Juicy Relish Meat Loaf

- 1-1/2 lb. ground beef**
- 3/4 cup rolled oats (quick or old fashioned uncooked)**
- 2 eggs, beaten**
- 1/4 cup chopped onion**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 1 tablespoon Worcestershire sauce**
- 1/4 cup pickle relish**
- 1 cup tomato juice**

Heat oven to moderate (350 degrees). Combine all ingredients thoroughly and pack firmly into a loaf pan. Bake in pre-heated oven (350-degrees) about 1 hour and 15 minutes. Cool. Cut meat loaf into 1/2-inch slices.

Serves 8.

Savory Beef Casserole

- 2 cups cubed cooked beef**
- 1 can small white onions, drained**
- 1 cup fresh peas or cut green beans**
- 2 tablespoons minced parsley**
- Leftover gravy**
- Water**
- 1 beef bouillon cube**
- 1/2 teaspoon Worcestershire sauce**
- Salt, pepper**
- Mashed potatoes**

Combine beef, onions, peas and parsley in a 2-quart casserole.

Mix leftover gravy with enough water to make 2 cups liquid. Add bouillon cube and Worcestershire; heat to a boil. Add salt and pepper to taste.



Prepare mashed potatoes.

Pour gravy over ingredients in casserole, heap potatoes in ring on top. Bake in a moderately hot oven (375 degrees) 15-20 minutes, or until heated through.

Serves 4.

Beef and Corn

Casserole

2 cups diced cooked beef

4 slices bread

3 eggs, well-beaten

1 pound can cream-style corn

1/4 cup chopped onion

1/4 cup chopped green pepper

2 cups creamed cottage cheese

1/2 teaspoon salt

1/4 teaspoon pepper

Paprika

Tear bread into small pieces.

Mix together bread and all ingredients except paprika. Pour mixture into an 8-inch square baking pan.

Sprinkle top with paprika. Bake in a moderate oven (350 degrees) about 50 minutes.

Serve hot.

Serves 6.

Pot Roast Supreme

4 to 5 pounds arm pot roast, round bone

Salt and pepper to taste

1 clove garlic (optional)

2 tablespoons flour

2 tablespoons shortening

2 medium onions, thinly sliced

1/2 cup water

2 tablespoons catsup

1/8 teaspoon whole rosemary

Insert garlic slivers in roast. Season with salt and pepper. Coat roast with flour. Brown meat and onions over medium heat in melted shortening. Turn frequently.

Use Dutch oven, heavy skillet or kettle with tight-fitting lid. Add water, catsup and rosemary. Cover tightly.

Simmer over low flame or in 300 degrees F. oven about 3 to 3-1/2 hours or until tender.

Serves 6 to 8.

Chicken Barbecue with Hot Sauce

1 1/2 teaspoons salt

2 broiler-fryer chickens quartered

Sprinkle chickens on both sides with salt. Place broiler-fryer quarters, skin side up, on grate set 3 to 6 inches from heat. Brush chicken generously with sauce. Cook until tender, turning and brushing occasionally.

Allow about 45 minutes to 1-1/4 hours total cooking time, depending on weight of chickens and distance from heat.

To test doneness, leg should twist easily out of thigh joint and pieces should feel tender when probed by a fork.

Hot Sauce

1/4 cup butter

1/4 cup vinegar

1/4 cup catchup

1/4 cup lemon juice

1/4 cup Worcestershire sauce

1/2 teaspoon Tabasco

Melt butter in saucepan. Stir in remaining ingredients and bring to boil; remove from heat. Brush chicken quarters generously with sauce while barbecuing.

Serves 4.

Crisp Chili Chicken

3/4 cup butter or margarine

3 broiler-fryer chickens, cut into serving pieces

4 teaspoons salt, divided

2 cups flour

1-1/2 teaspoons chili powder

1 cup milk

3 tablespoons prepared mustard

1 tablespoon Worcestershire sauce

1/4 teaspoon Tabasco

Line two 15 x 10 x 1-inch baking pans with foil. Divide butter between pans; place in 425 degrees oven about 5 minutes, until butter melts.

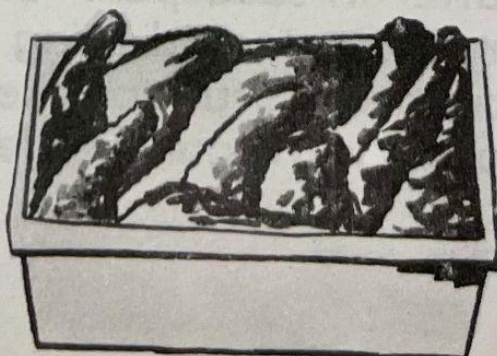
Sprinkle both sides of chicken pieces with 3 teaspoons of the salt.

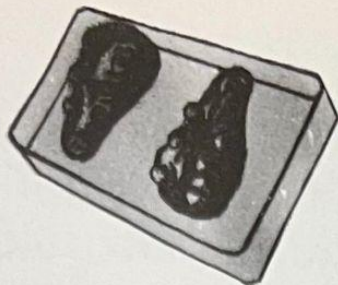
Combine flour, chili powder and remaining 1 teaspoon salt.

Combine milk, mustard, Worcestershire sauce and Tabasco.

Dip chicken pieces in milk mixture, then coat with seasoned flour. Place skin-side down in melted butter in baking pan. Bake in 425-degree oven 30 minutes. Turn chicken, reverse pans on oven shelves, and bake 20 minutes longer.

Serves 12.





Chicken Breasts with Grapes

- 3 chicken breasts, split**
- 2 teaspoons salt**
- 1/2 teaspoon ground black pepper**
- 3 tablespoons butter or margarine**
- 2 teaspoons tarragon leaves,
crumbled**
- 1 cup canned seedless grapes**
- 1/2 cup white wine or chicken broth**
- 1 tablespoon flour**
- 2/3 cup light cream**
- 2 egg yolks**
- 6 slices toast**
- 6 small clusters fresh grapes**

Rub chicken breasts with salt and pepper. Brown on all sides in butter.

Place in baking pan adding all the pan drippings. Sprinkle with tarragon. Add grapes and wine. Bake, uncovered, in preheated slow oven (325 degrees) 40 minutes or until chicken is tender.

Remove chicken from the baking pan and keep warm. Blend flour with a little of the cream. Add remaining cream and egg yolks. Add chicken and heat over low heat about 5 minutes, stirring constantly.

Serve hot on toast. Garnish with clusters of grapes.

Serves 6.

Chicken Rembrandt

- 3 whole chicken breasts**
- 1-1/2 cups finely diced green pepper**
- 1/4 cup butter or margarine**
- 1/2 cup sliced green onion bulbs**
- 1/2 pound mushrooms, sliced**
- 1/4 cup flour**
- 2 teaspoons salt, divided**
- 1/4 teaspoon pepper, divided**
- 1/2 cup water**
- 2 cups heavy cream**
- 1-1/2 teaspoons paprika**
- 1/4 cup dry sherry**
- 1/4 pound cooked ham, diced**
- 2 hard-cooked egg yolks, chopped**
- 6 slices toast**

Have chicken breasts halved and boned. Remove skin.

Cook green pepper in butter or margarine until tender, but firm; remove from pan. Cook green onion and mushrooms in butter remaining in pan about 3 minutes; remove.

Combine flour, 1 teaspoon salt and one-eighth teaspoon pepper.

Dust chicken breast with flour mixture; brown lightly in same pan, adding another tablespoon of butter if necessary. Add water; cover; cook over low heat, turning once, about 35 minutes, or until chicken is done. Remove from pan; keep warm.

Return onion and mushrooms to pan; stir in cream, sherry, paprika, remaining salt and remaining pepper. Stir constantly until sauce thickens.

Stir in half of the green pepper, half of ham and half of the egg yolk. Arrange chicken breasts on toast; spoon sauce over and around chicken. Garnish with remaining green pepper, ham and egg yolk.

Serves 6.

Curried Chicken Salad

- 1 package lemon-flavored gelatin**
- 2 cups boiling water**
- 1 cup cold water**
- 1/2 cup mayonnaise**
- 2 tablespoons lemon juice**
- 1/2 teaspoon salt**
- 1/2 teaspoon curry powder**
- 3 cups diced cooked chicken**
- 1 cup cooked macaroni shells**

Dissolve gelatin in boiling water. Stir in cold water, mayonnaise, lemon juice, salt and curry powder. Chill until slightly thickened. Stir in chicken and macaroni shells into gelatin mixture. Pour into a 1 1/2 to 2-quart mold and chill until firm.

Serve on salad greens.

Serves 6 to 8.

Glazed Chicken Pate

- 1 3-pound broiler-fryer**
- Boiling water**
- 2 teaspoons salt**
- 1 teaspoon unflavored gelatin**
- 2 tablespoons cold water**
- 1 tablespoon calamansi juice**
- 2 tablespoons grated onion**
- 1/2 cup mayonnaise**
- 1/4 cup melted butter**
- 3/4 teaspoon salt**
- 1/4 teaspoon pepper**
- 3/4 teaspoon tarragon**

Place chicken in a large kettle with cover. Half cover chicken with boiling water, then sprinkle in the 2 teaspoons salt. Simmer, covered, until meat separates easily from bones, about 1 hour. Remove from broth cool and pick meat from bones.

Put chicken through meat chopper, using medium blade, or chop.

Chill a 2-3/4-cup ring mold (one 6-inch by 2-inch).

Sprinkle gelatin over water in a small bowl. Let stand 5 minutes. Set bowl in a small pan of hot water and heat gently until gelatin is dissolved. Add calamansi juice. Cool mixture.

Pour it into chilled mold. Tip mold to coat all inside surfaces with gelatin mixture. Chill until coating is firm.

Meanwhile, blend together chicken, onion, mayonnaise, butter, remaining 3/4 teaspoon salt, pepper and tarragon.

Pack firmly into glazed mold. Chill at least 1 hour. Unmold ring and fill with Crunchy Cheese Spread. Serve garnished as desired with lettuce, parsley, radish roses, stuffed olives, etc.

Serve with onion and garlic Melba toast rounds.

Serves 6.

Chicken A La King with Fresh Grapes

- 1/4 cup butter or margarine**
- 1/4 cup flour**
- 1 cup chicken stock**
- 1 cup milk**
- 1-1/4 teaspoons salt**
- 1/4 teaspoon ground black pepper**
- 1-1/4 teaspoons curry powder**
- 1/2 teaspoon powdered dry mustard**
- 1/4 cup fresh lemon juice**
- 2 cups diced cooked chicken**
- 2 tablespoons diced pimento**
- 1-1/2 cups grapes seeded**
- 6 patty shells**

Melt butter or margarine in a saucepan. Blend in flour. Stir in chicken stock and milk. Cook until medium thickness, stirring constantly. Add seasonings, lemon juice and chicken. Heat. Just before serving, stir in pimento and grapes.

Serve in patty shells.

Serves 6.

Barbecued Stuffed Squab Chickens

4 squab chickens or young "dumalagas" each weighing 1 to 1-1/4 lbs.

5 cups 1/4-inch toasted bread cubes (croutons)

4 tablespoons minced onion

1/4 teaspoon rosemary

1/4 teaspoon thyme

1/2 teaspoon salt or salt to taste

1/4 teaspoon ground black pepper

1/4 teaspoon minced garlic

1/4 cup butter or margarine, melted

About 1/3 cup water or stock

Salt and ground black pepper

Warm saltwater (Dissolve 5 teaspoons salt in 1 cup hot water.)

1/8 teaspoon rosemary

1/4 cup butter or margarine, melted

Wash chickens and set aside to drain well. Measure bread cubes after toasting and combine with the next 7 ingredients. Add only enough water or stock to moisten the mixture. Sprinkle salt and black pepper lightly into the body and neck cavities of chickens. Stuff chickens. Close openings with skewers.

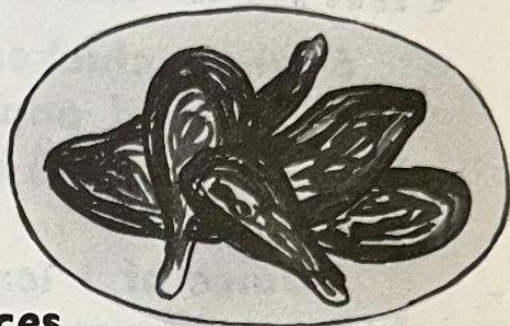
Place over a very slow burning charcoal fire. Cook slowly 2 hours, turning and basting with warm salt water as often as the chickens look dry. Combine rosemary and melted butter or margarine and brush over the skin of



the chicken about 20 minutes before cooking time is up. Repeat several times, using all melted butter or margarine.

Serves 4.

Chicken Saute with Peanut Orange Sauce



- 1 2-1/2 to 3 lb. broiler-fryer
chicken, cut in serving pieces**
- 1 teaspoon salt**
- 1/4 teaspoon pepper, freshly ground**
- 1/2 teaspoon onion salt**
- 1 teaspoon paprika**
- 2 tablespoons peanut oil**
- 1/4 cup peanut butter**
- 1 cup orange juice**

Wash and dry chicken pieces. Mix salt, pepper, onion salt and paprika and rub into chicken pieces.

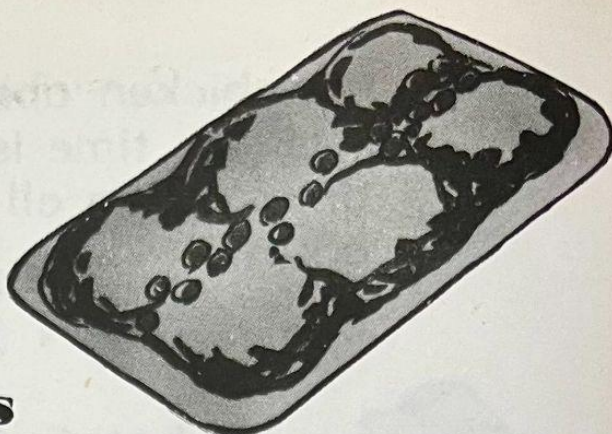
Heat oil in an aluminum skillet over medium heat. Saute the chicken pieces until nicely browned on all sides. Cover. Reduce heat and continue cooking about 25 minutes or until chicken is tender.

Remove chicken to platter. Drain excess fat from skillet, add peanut butter, cook and stir for several minutes. Add orange juice to skillet and bring to a boil.

Spoon peanut orange sauce over chicken.

Serves 3 to 4.

Roquefort Baked Chicken and Grapes



- 6 whole chicken breasts, split**
- Salt and paprika**
- 1/2 cup (1 stick) butter or margarine**
- 1/4 cup oil**
- Juice of 1 lemon**
- 1/2 cup (2 ounces) Roquefort cheese,
crumbled**
- 3/4 cup cracker crumbs**
- 1-1/2 cups green grapes**

Remove rib and breast bones from chicken breasts. Trim excess skin. Wash chicken and pat dry. Sprinkle with salt and paprika.

Heat 1/4 cup of the butter or margarine and oil in a large skillet. Add lemon juice slowly to prevent splattering. Fry chicken breasts until golden brown on both sides.

Mix Roquefort with remaining butter or margarine. Stir in cracker crumbs. Place chicken breasts skin side up in a well-greased shallow pan. Chicken should not overlap but should be in a single layer.,

Press crumb mixture over top of each piece of chicken. Bake in a preheated moderate oven (350 degrees) for 20 to 25 minutes, or until topping is tender.

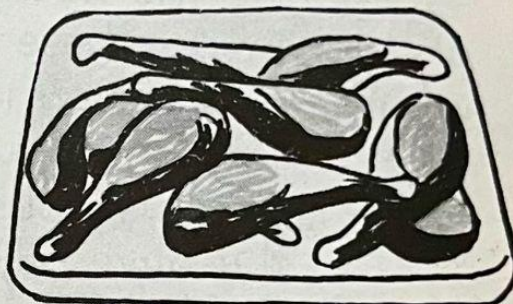
Meanwhile cook pan drippings in which chicken was fried until bubbly,

or about 2 minutes. Stir over low heat, loosening brown bits from skillet. Stir in grapes. Remove from heat. Place chicken on a platter and spoon grape mixture over chicken breasts.

Serves 6.

Fried Chicken

- 3 broiler-fryer chickens, cut in serving pieces**
- 1 tablespoon salt**
- 1/2 teaspoon pepper**
- 3/4 cup flour**
- 2 eggs, beaten**
- 2 tablespoons water**
- 1-1/2 cups fine dry bread crumbs**
- 1/2 cup grated Parmesan cheese**
- 1 cup butter or margarine**



Combine salt, pepper and flour; put in shallow dish. Beat eggs with water in second dish. Mix fine dry bread crumbs and Parmesan cheese in third shallow dish.

Roll chicken pieces in flour, then in egg mixture, then in crumb mixture.

Divide butter between 2 large skillets; melt. Place chicken pieces, skin side down in butter and cook until browned on both sides.

Place chicken on foil-lined baking sheet. Bake in a moderately hot oven (400 degrees) 30 to 40 minutes.

Serves 12.

Pepitoria of Chicken

- 1 3-pound chicken, cut up**
- 2 tablespoons flour**
- 1 teaspoon salt**
- 3 or 4 tablespoons olive oil.**
- 1 large onion, chopped**
- 1/4 cup blanchd almonds**
- 2 garlic cloves**
- 1 tablespoon minced parsley**
- 1/4 teaspoon saffron**
- 1 cup chicken broth**
- Yolks of 2 hard-cooked eggs**



Separate the neck, giblets and back of chicken, use these to make the chicken broth by simmering covered in salted water. Saute the remaining pieces (previously dusted with flour and salt) in the olive oil, with a few slices of onion in the pan to prevent oil spattering. Meantime, crush the blanchd almonds with the garlic cloves and parsley.

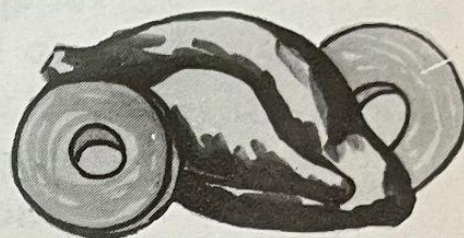
When the chicken pieces have been browned, remove to casserole. Add the onion to the same pan, lower heat, cook until onion is very soft. Add the mixture of almond, clove and parsley. Strain the chicken broth, measure 1 cup, add the saffron to this, bring just to a boil. Slowly stir saffron-flavored broth into the pan with the onions, simmer 5 to 10 minutes. Skim off excess fat; scrape up all browned bits from bottom of pan. Beat a little of the sauce into the cooked egg yolks (previously mashed with a fork); add this to remaining sauce, then pour

over the chicken in the casserole. Finish cooking chicken over very low heat, covered for 20 minutes; or place uncovered in oven preheated to 350 degrees for one-half hour.

Serves 4.

Pineapple Chicken Teriyaki

- 1 (1-pound 4-1/2-ounce) can
pineapple slices**
- 1/2 cup soy sauce**
- 1 tablespoon molasses**
- 2 tablespoons brown sugar**
- 1/4 cup cooking oil**
- 2 tablespoons cider vinegar**
- 1 small clove garlic**
- 1/4 cup sauterne (or water)**
- 5 chicken breasts boned and
skinned**



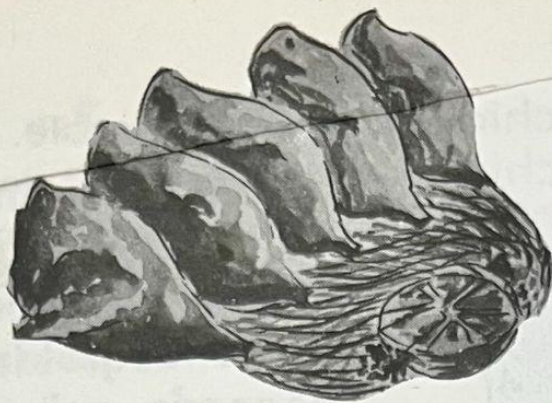
Drain 1/4 cup syrup from pineapple. Combine with soy sauce, molasses, brown sugar, oil, vinegar, garlic and wine. Pour over chicken breasts and drained pineapple slices.

Cover and marinate in refrigerator several hours.

Grill drained chicken over hot coals, turning and basting frequently with marinade until tender and browned.

Grill pineapple quickly on both sides and serve 2 slices with each chicken breast.

Serves 5.



Chicken Breasts With Orange

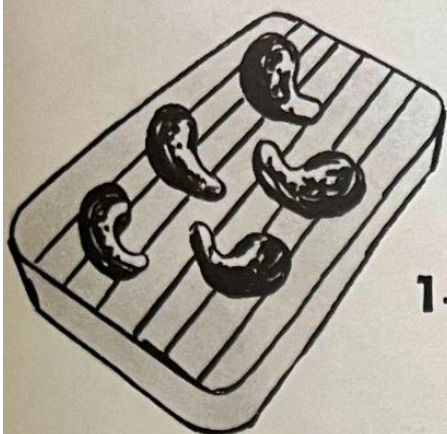
- 3 large whole broiler-fryer chicken breasts**
- $\frac{1}{2}$ teaspoon salt, divided**
- $\frac{1}{4}$ cup butter or margarine**
- 2 tablespoons flour**
- $\frac{1}{4}$ teaspoon each dry mustard and cinnamon**
- 2 tablespoons sugar**
- $\frac{1}{16}$ teaspoon ginger**
- $1\frac{1}{2}$ cups orange juice**
- 3 cups hot cooked rice**

Halve breasts. Sprinkle with $\frac{1}{4}$ teaspoon of salt. Brown in butter in skillet. Remove breasts from skillet.

Add flour, spices, sugar and remaining $\frac{1}{4}$ teaspoon salt to drippings in skillet; stir to a smooth paste. Gradually add orange juice. Cook, stirring constantly, until mixture thickens and comes to a boil.

Add chicken breasts. Cover; simmer over low heat until chicken is tender, about 45 minutes. Remove chicken to serving platter. Serve with hot cooked rice. Serve sauce with chicken. Garnish platter with orange slices.

Serves 6



Skillet Barbecued Chicken

**2 large broiler-fryer chickens, cut
in serving pieces**

1-1/2 teaspoons salt

1/4 teaspoon black pepper

1/2 cup butter or margarine

Sprinkle both sides of chicken pieces with salt and pepper. Heat butter or margarine in large skillet. Add chicken and brown on both sides.

Reduce heat. Pour Patio Barbecue Sauce over chicken, cover and simmer 45 minutes or until tender. Baste frequently with sauce.

Patio Barbecue Sauce

1/4 cup butter or margarine

1-1/2 cups tomato juice

1/3 cup vinegar

1 tablespoon Worcestershire sauce

1-1/2 teaspoons salt

1/4 teaspoon pepper

1/4 teaspoon dry mustard

1/8 teaspoon cayenne pepper

1 bay leaf

2 cloves garlic, crushed

Combine all ingredients in saucepan, simmer 15 minutes.

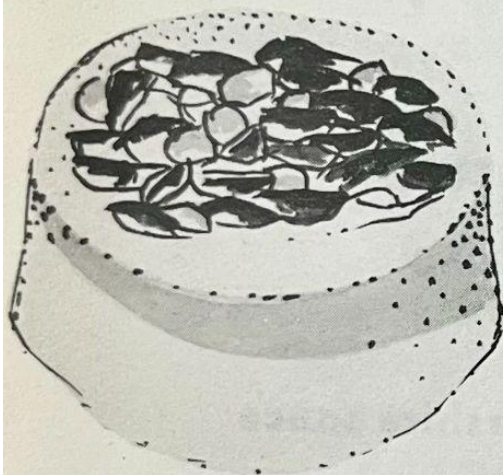
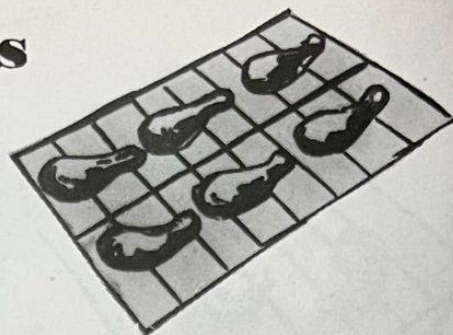
Serves 4 to 6.

Barbecued Chicken Legs for Small Fry

- 12 broiler-fryer chicken legs**
- 1 can (8 ounces) tomato sauce**
- 1 tablespoon vinegar**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon salt**
- 2 tablespoons salad oil**

Place chicken legs on grill.

Combine remaining ingredients. Brush on the chicken legs. Cook until tender, about 45 minutes, turning and brushing occasionally with sauce.



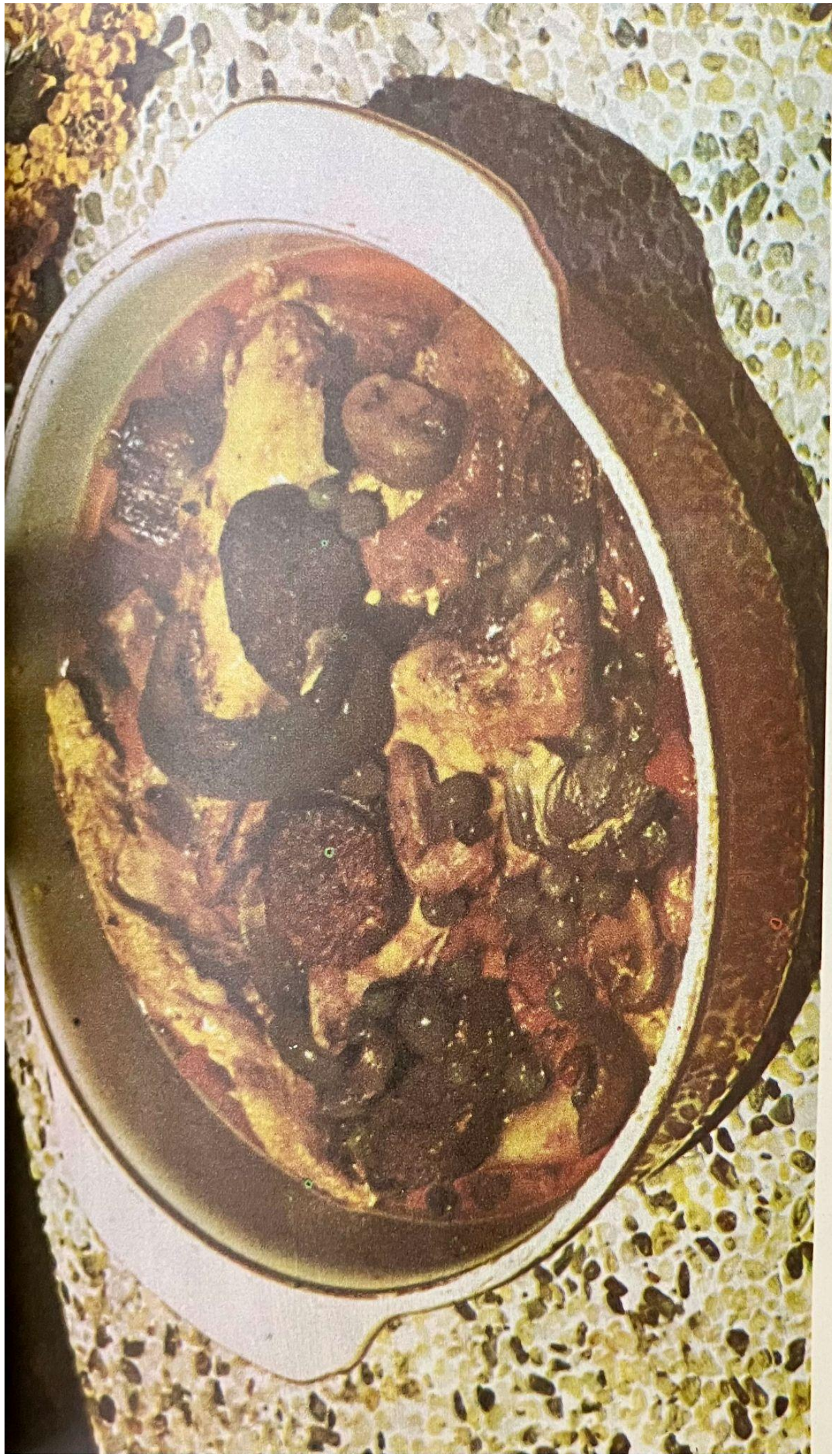
Chicken Fricassee

- Three to 4-pound fricassee chicken**
- 2 cups boiling water**
- 3 teaspoons salt**
- 3 cups chicken broth**
- 1 cup tomato juice**
- 6 ounce can tomato paste**
- 2 teaspoons chili powder**
- 1/4 teaspoon ground black pepper**
- 1/4 teaspoon crumbled whole oregano leaves**
- 4 tablespoons minced onion**
- 4 tablespoons chopped sweet pepper**
- 1/4 cup chopped olives**
- . Hot cooked rice**

Cut chicken into serving-size pieces. Place in saucepan with boiling water and salt. Cover and cook 1 hour or until tender. Remove chicken from sauce-



Chicken Rembrandt



Chicken Veronica



Chicken Salad



Lasagne, Dinner Rolls, Guava Jelly, etc.

pan. Measure broth, adding water to make 3 cups if necessary. Return to saucepan.

Add tomato juice, tomato paste, seasonings, onion, pepper and olives. Cook, uncovered, 10 minutes.

Serve hot over rice. (Can be placed in thermos jug and taken to picnic.)

Serves 6.

Epicurean Chicken

4 whole chicken fryers

Salt and pepper

3/4 cup cooked rice

1/3 cup diced ham

1/3 cup chopped mushrooms

1 tablespoon minced onion

1/2 cup sherry

1/4 cup brandy

Butter

1 teaspoon flour

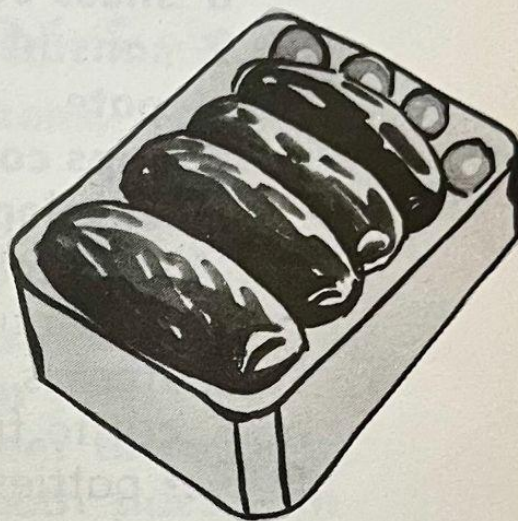
Rinse fryers and pat dry. Season with salt and pepper. Combine rice, ham, mushrooms, and onion. Moisten with 1/4 cup sherry and 1/4 cup brandy.

Stuff chickens loosely. Skewer and truss.

Place breast side up in baking dish. Dot with butter. Roast in 350-degree oven about 45 minutes.

Remove to a warm platter. Add remaining sherry to broth in pan. Stir in flour and cook over direct heat until slightly thickened. Pour over fryers to glaze.

Serves 4 to 8.



Chicken Aspic Molds

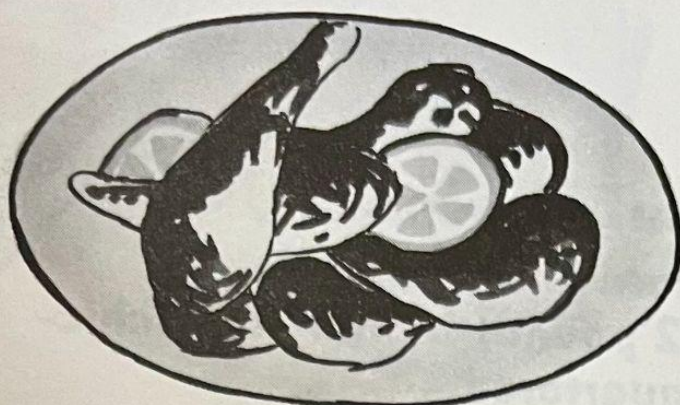
- 8 stuffed olive slices**
- 8 slices cooked ham**
- 2 cans (4 1/2 ounces each) liver pate**
- 3 cups cooked chicken**
- 3 envelopes unflavored gelatin**
- 4 cups clarified chicken broth**

Center 1 olive slice in bottom of eight 1-cup molds. Cover with 8 pieces of ham, cut to fit molds. Cover ham with 8 liver patties. Top each with chicken pieces.

Sprinkle gelatin on chicken broth in saucepan to soften. Place over low heat, stirring constantly, until gelatin is dissolved. Cool. Pour into molds. Chill until firm. Unmold.

Serves 8.

To clarify chicken broth, bring to a boil in saucepan with 2 egg whites and crushed egg shells. Strain through a sieve lined with several layers of cheesecloth.



Fair Weather Chicken

**2 broiler-fryer chickens,
cut in quarters**

Salt

1/2 cup butter or margarine

1/2 cup prepared mustard

6 tablespoons lemon juice

2 teaspoons dried leaf tarragon

Sprinkle chicken on both sides with salt. Place skin-side down in foil-lined baking pan.

Combine butter, mustard, lemon juice and tarragon in small saucepan; heat until butter melts and mixture is smooth.

Brush mustard sauce over chicken, bake in hot oven (400 degrees), 25 minutes, basting chicken frequently with additional sauce.

Turn chicken; brush with sauce and bake 20 minutes longer, basting frequently. Heat remaining mustard sauce and serve with chicken.

If desired garnish with lemon slices.

Serves 8.



Oriental Chicken

- 1/4 cup corn oil**
- 1 (2-1/2 pound) broiler-fryer chicken, quartered**
- 1/2 cup orange juice**
- 1 teaspoon ginger**
- 1 teaspoon salt**
- 1/8 teaspoon garlic salt**
- 1/2 cup olives**
- 1 (8-ounce) can water chestnuts, sliced**
- 1 cup white wine**
- 2 tablespoons corn starch**
- 2 tablespoons water**

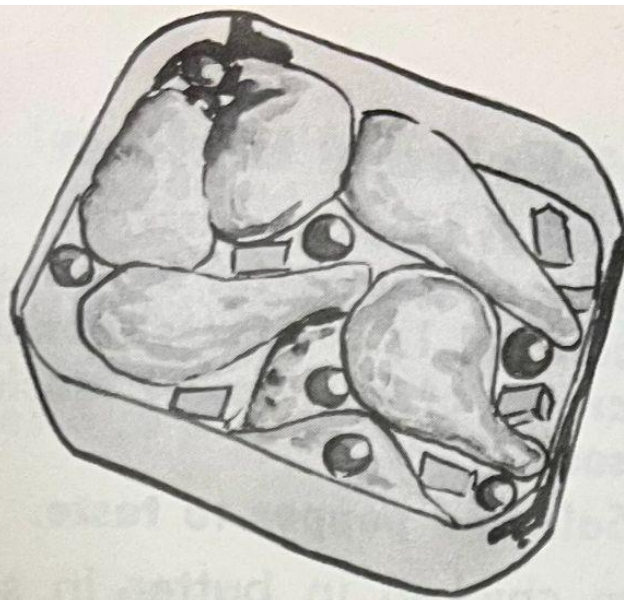
Heat corn oil in skillet. Add chicken and cook, turning as needed, until browned on all sides. Reduce heat; stir in orange juice, ginger, salt and garlic salt, then add olives, water chestnuts and wine. Cover and cook over low heat until chicken is tender, about 30 minutes.

Remove chicken from skillet and keep warm.

Blend corn starch and water; mix into liquid in skillet. Cook, stirring constantly, until sauce is thickened and a clear yellow.

Arrange chicken on serving plate; pour sauce over chicken, or serve in separate sauce dish.

Serves 4.



Cherried Chicken

6 to 8 pieces chicken (breasts, thighs, legs)

1/3 cup flour

1 teaspoon salt

1/2 teaspoon paprika

1/2 teaspoon curry powder

1/4 cup shortening

1 cup dry white wine or

1 tablespoon lemon juice in 1 cup water

1 can (1-pound) dark sweet cherries, drained

Pineapple chunks

Sprig of mint (hierba buena)

Wash chicken and drain. Dust in seasoned flour. Cook slowly in hot shortening until golden brown. Pour over wine or lemon juice and water, cover and simmer 25 minutes. Sprinkle cherries over chicken (if liquid has cooked away, pour in 1/2 cup liquid). Cook uncovered 20 minutes or until chicken is tender. Remove.. Arrange on platter. Garnish with pineapple chunks and sprigs of mint.

Serves 6 to 8.

Glori-Fried Chicken

- 2 pounds chicken parts**
- 2 tablespoons butter or margarine**
- 1 can (10 1/2 ounces) condensed cream of chicken or mushroom soup**

Salt and pepper to taste.

Brown chicken in butter in skillet. Pour off drippings. Add remaining ingredients. Cover; cook over low heat 45 minutes or until chicken is tender. Stir often.

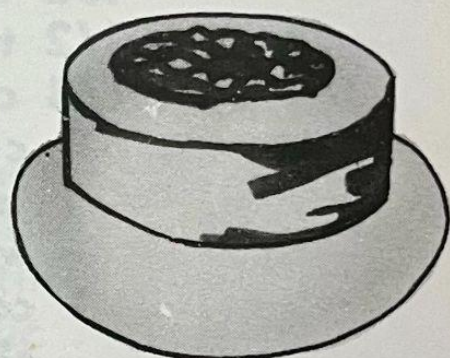
Serves 4 to 6.

Chicken Livers Espagnole

- 2 8-oz. packages chicken livers**
- 3 slices bacon, diced**
- 1/4 cup butter or margarine**
- 1 cup chopped green pepper**
- 1/2 pound fresh mushrooms, sliced**
- 1-1/2 teaspoons salt**
- 1/4 teaspoon pepper**
- 1 cup catsup**
- 1/4 cup water**

Rinse and drain chicken livers.

In skillet, fry bacon until crisp. Add butter or margarine and melt. Add livers, green pepper, and mushrooms. Saute 10 to 15 minutes until livers are done, stirring occasionally to prevent sticking.



Mix together salt, pepper, catsup and water and add to livers. Continue cooking over low flame stirring to blend well, for 5 minutes more. Serve in center of a rice ring.

Serves 6 to 8.

Chicken Halo

2 broiler-fryer chickens, cut in serving pieces

1/2 cup flour

2 teaspoons salt

1/4 teaspoon pepper

1/4 teaspoon paprika

1/2 cup butter or margarine

4 cups hot cooked rice

1 cup hot buttered peas

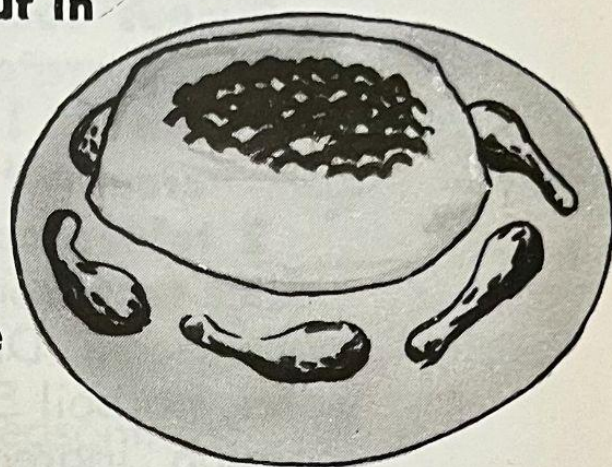
Combine flour, salt, pepper and paprika. Place chicken pieces on foil or wax paper in single layer. Sift flour mixture over chicken; turn chicken to coat.

Melt butter in a 15 x 10-inch shallow baking pan. Place chicken, skin side down, in melted butter. Bake in a hot oven (450 degrees) 30 minutes. Turn chicken pieces; sprinkle lightly with additional paprika and continue baking 15 to 20 minutes longer.

Spoon hot cooked rice into a quart ring mold; press lightly, then unmold on platter. Fill center with buttered peas.

Surround with chicken. Serve with gravy made from pan drippings.

Serves 8.



Chicken-Cheese Stuffed Peppers

6 large green peppers

Boiling water

2 cups cooked rice

2 cups cooked diced chicken

1 cup grated Cheddar cheese

1 can (10 1/2 ounces) condensed cream of mushroom soup

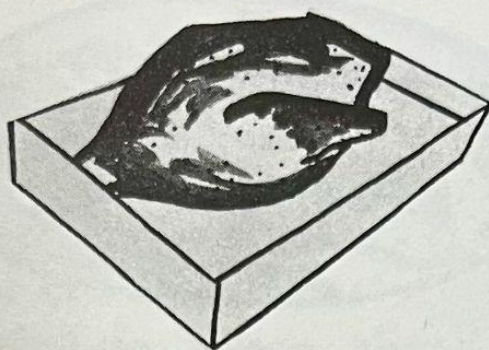
2 tablespoons chopped pepper tops

Slice tops from green peppers and remove seeds. Drop peppers into boiling water, parboil 5 minutes. Combine remaining ingredients and spoon into drained peppers.

Put peppers into a shallow casserole. Add 1/2 inch of water to casserole to keep peppers from sticking.

Bake in a preheated moderate oven (375 degrees) for 30 to 35 minutes or until peppers are tender and easily pierced. Serve garnished with parsley.

Serves 6.



Perfect Fried Chicken

- 1 broiler-fryer chicken, cut in serving pieces**
- 1/2 to 3/4 cup flour**
- 1 teaspoon paprika**
- 1/8 teaspoon pepper**
- Oil**

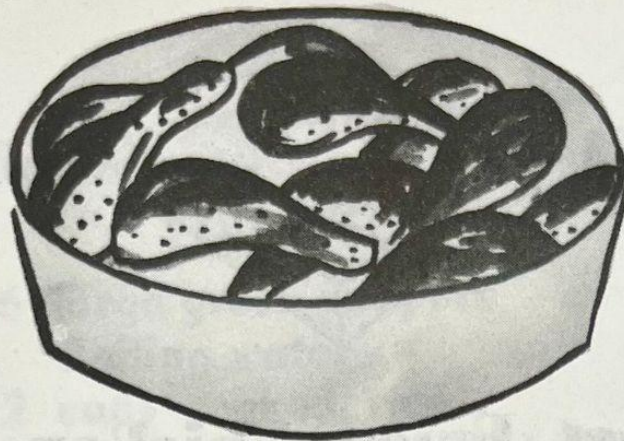
Combine flour and seasonings.

Rinse chicken in cold running water, but do not dry; immediately roll pieces in seasoned flour. Let dry on rack 20 minutes before frying.

Heat shortening or salad oil 1/2 inch deep in skillet. Place chicken, skin side down, in skillet. Put larger, meatier pieces in first; add liver last few minutes of cooking time. Cook uncovered 15 to 20 minutes on each side, turning only once. Drain well on absorbent pepper.

Use 1/2 cup flour for chicken quarters, 3/4 cup for pieces.

Serves 4.



Chicken Leg Delight

- 9 chicken legs (cut with drumstick and thigh)**
- 5 potatoes**
- 5 onions**
- 1 pound carrots**
- 1 cup tomato ketchup**
- 1/2 cup corn oil**
- 1/4 cup vinegar**
- Salt and pepper.**

Take nine squares of foil (approximately 15 inches) and oil slightly. Peel and thinly slice potatoes and spread equally on foil.

Place one chicken leg on each square and sprinkle with chopped onion and thinly sliced carrot.

Mix ketchup, oil and vinegar with a little salt and pepper. Pour over chicken.

Fold foil over ingredients to form a sealed envelope. Place on grill and broil 40 minutes, turning frequently.

Serves 9.

Chicken Veronica

- 1/3 cup butter or margarine**
- 1/3 cup flour**
- 1/2 cup tomato sauce**
 - 1 cup water or chicken broth**
 - 3 small chicken breasts**
 - 1 Chorizo de Bilbao, sliced**
- 1/2 cup canned mushroom buttons**
- 1/2 cup baby carrots, peeled and halved**
- 1/2 cup canned pimientos, sliced**
 - 3 saba bananas, cubed and fried**
 - 1 tablespoon soy sauce**
 - 1 tablespoon Worcestershire sauce**
 - Salt and pepper to taste**
- 1/2 cup sweet peas**

Heat butter and add flour. Add tomato sauce and water and simmer a few minutes.

Arrange chicken breasts, chorizo, mushrooms, carrots, pimientos and bananas in a baking dish with cover. Add tomato sauce mixture, soy sauce, Worcestershire sauce, salt and pepper to taste.

Bake covered in moderate oven (350 degrees F.) until chicken breasts are tender (40 minutes to 1 hour depending on the tenderness of chicken breasts). Add sweet peas 5 minutes before removing dish from the oven.

Serves 6.

Chicken Aspic Regency

- 1 broiler-fryer chicken**
- 3 cups water**
- 1 medium onion, sliced**
- 2 celery tops**
- 2 bay leaves**
- 1 teaspoon salt**
- 1/8 teaspoon pepper**
- 1 teaspoon monosodium glutamate**
- 2 chicken bouillon cubes**

Place chicken in deep kettle. Add water and remaining ingredients; cover with a tight fitting lid.

Bring to a boil; reduce heat and simmer 40 minutes, or until tender.

Remove chicken; strain stock. Refrigerate chicken and stock at once.

When chicken is cool remove skin and slice meat from breast, remove remaining meat from bones. Skim fat from stock; add water to make 4 cups.

Makes 8 aspics.

Cracker-Baked Fish

- 4 fish steaks**
- 1 carrot**
- 1 stalk celery**
- 1 small onion**
- 4 tablespoons (1/2 stick) butter or margarine**
- 1 cup cracker crumbs**
- Salt and pepper**
- 1 egg**
- 1 tablespoon lemon juice**

If steaks are frozen, let thaw on refrigerator shelf.

Finely chop carrot, celery and onion. Melt 2 tablespoons of the butter and stir vegetables into it. Spread buttered vegetables in the bottom of a baking dish large enough to hold the 4 fish steaks.

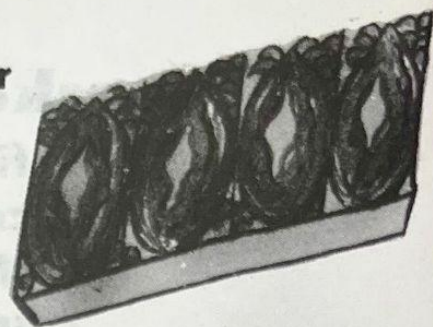
Taste cracker crumbs and add salt and pepper if needed. In a flat dish, beat egg with lemon juice.

Dip fish steaks in egg; coat with crumbs. Place on the bed of vegetables. Melt remaining 2 tablespoons butter and sprinkle over fish steaks. Bake in a moderately hot oven (375 degrees) 15 to 20 minutes or until fish flakes easily when tested with a fork.

Serves 4.

Broiled Fish Steaks with Grape Hollandaise Sauce

- 4 fish steaks (salmon, halibut or sword fish) cut $\frac{3}{4}$ inch thick
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons butter or margarine, melted



Grape Hollandaise Sauce

Wipe fish with a damp cloth.

Combine salt and black pepper and rub over both sides of fish. Blend lemon juice with melted butter or margarine and brush over both sides of fish.

Arrange on an oiled, foil-covered broiler rack. Turn up edges to hold in juices. Place under preheated broiler 4 inches from the source of heat. Broil 10 to 16 minutes or until fish is flaky, turning and brushing once with lemon butter.

Serve with Grape Hollandaise Sauce.
Serves 4.

Grape Hollandaise Sauce



- $\frac{1}{2}$ cup (1 stick) butter or margarine
- 2 large egg yolks, beaten lightly
- 1 tablespoon fresh lemon juice
- Dash cayenne
- Dash salt

$\frac{1}{2}$ cup seeded grapes

Divide butter or margarine into two parts.

Place one part in the top of a double boiler. Add egg yolks and lemon juice.

Place over hot water (not boiling) and beat constantly with a wire whisk until butter has melted. Add the remaining piece of butter and mix until melted.

Stir and cook until thickened. (The water in the lower part of the double boiler must not boil). Remove sauce from heat. Stir in cayenne, salt and grapes.

Serve at once over fish steaks.

Cold Sardines Gourmet



- 2 cups diced potato salad**
- 1 can (3 3/4 oz.) sardines**
- 2 hard-cooked eggs, cut in half lengthwise**
- 4 whole canned red peppers (or pimento)**
- 1 tablespoon chopped parsley**
- 1 lemon, pared and sliced**
- 2 tablespoons mayonnaise**
- Parsley bouquets**

Arrange the potato salad in a small oval dish. Open and drain the sardines; place half the sardines (about 10) on top in a criss-cross pattern. At each end at both sides of the dish place half a hard-cooked egg. Arrange the whole peppers in four small bouquets between each egg-half. Place slices of lemon in the center and flank with sardines. Garnish with mayonnaise and parsley. Chill and serve.

Serves 4.

Mariscada

- 1/2 pound scallops (fresh or frozen)**
- 6 small lobster tails, or 1 package (6 ounces) frozen or fresh crabs**
- 1 pound clams in shell, or 1 can (10 ounces) whole clams, drained**
- 1 pound large shrimps, shelled**
- 1/2 cup Spanish olive oil**
- 2 or 3 garlic cloves each cut in half**
- 4 to 6 small onions, chopped**
- 1/2 cup minced parsley**
- 1/2 teaspoon powdered ginger**
- 1 tablespoon monosodium glutamate**
- 2 tablespoons cornstarch**
- 1 cup white wine**
- 1 cup milk or cream**
- 1/2 to 1 teaspoon salt, according to taste**

Dash of pepper

Pour the olive oil in heavy skillet then add the garlic and ginger. Remove garlic when browned.

Add all the shellfish to the oil, cover pan, cook 7 to 10 minutes or until clam shells open and lobster shell is bright red.

Meantime, chop the browned garlic with the onions and parsley. Blend together the cornstarch, milk or cream and wine, the garlic-parsley mixture and the remaining seasonings; beat until smooth.

When shrimp are bright pink, stir sauce into the oil in the pan. Cook over low heat until thickened, shaking the pan now and then. Serve accompanied by hot steamed rice.

To prepare lobster tails: Place tails on wooden cutting board with under-shell down. Cut vertically through hard outer shell with sharp knife. Hold under hot running water a moment or two and flesh will come away from outer shell easily. Leave partially in shell; bright color adds to attractiveness of dish.

Shellfish can be cooked in the olive oil in advance, then the sauce, blended also in advance, may be stirred in shortly before the dish is to be served.

Serves 6 to 8.

Hangtown Fry

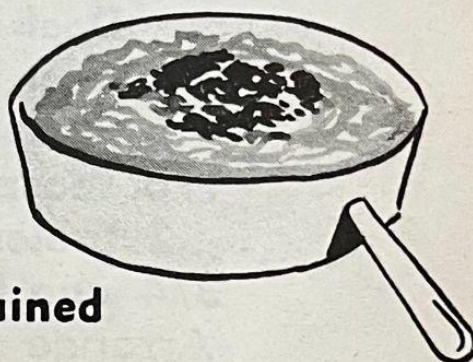
- 1/4 cup butter or margarine**
- 2 cups (1 pint) oysters, well drained**
- 6 eggs**
- 1/2 cup beer**
- 1/2 teaspoon salt**
- 1/4 teaspoon Tabasco**

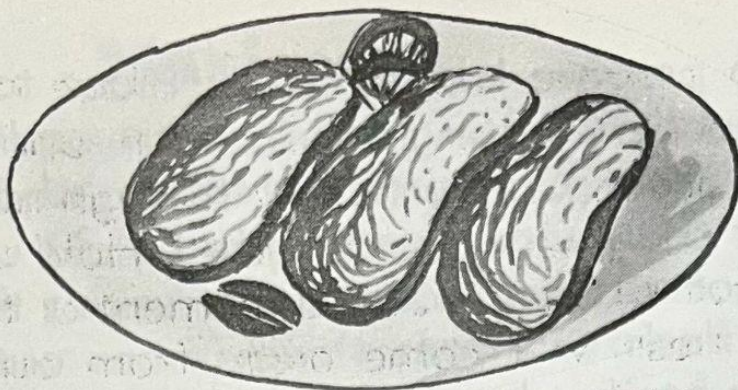
Melt butter in a large heavy skillet. Add well drained oysters and saute them just until the edges begin to curl.

Beat eggs well with beer, salt and Tabasco. Pour egg mixture evenly over oysters. Stir over low heat until eggs are lightly scrambled.

Serve immediately with dark bread and butter.

Serves 6.





Herb-Baked Fish Steaks

- 1 kilo fish steaks**
- 1/2 cup butter or margarine**
- 4 cloves garlic, sliced**
- 1/3 cup minced onion**
- 1/4 teaspoon tarragon**
- 1/4 teaspoon parsley flakes**
- 1/4 teaspoon thyme**
- Dash nutmeg**
- Dash mace**
- 1 teaspoon salt**
- 1/8 teaspoon pepper**
- 2 tablespoons lemon juice**
- 3/4 cup fine dry bread crumbs**

Arrange steaks on aluminum foil in a shallow baking dish. Melt butter or margarine in a saucepan. Add sliced garlic and cook until garlic is light brown. Remove garlic. Add onion and saute until tender. Add remaining ingredients except bread crumbs; stir to blend. Spoon about half the mixture over fish steaks.

Add crumbs to remaining herb mixture; stir to blend. Spread crumbs over steaks.

Bake in a 400 degree F (hot) oven 20 minutes or until fish flakes easily when tested with a fork.

Serves 6.

Herbed Scrambled Eggs and Tuna Fish

- 2 tablespoons butter or margarine**
- 2 cans (7 ounces each) tuna fish**
- 8 eggs, unbeaten**
- 1 teaspoon salt**
- 1/8 teaspoon ground black pepper**
- 1/2 teaspoon ground oregano leaves**
- 2 teaspoons chili powder**
- 1/4 cup fine dry bread crumbs**

Melt butter or margarine in a 9-inch skillet. Add flaked tuna fish, eggs, salt, spices and bread crumbs. Mix well. Cook over medium heat until mixture is the consistency of soft scrambled eggs.

Serves 6.

Seafood Newburg

- 1/4 cup margarine**
- 2 tablespoons cornstarch**
- 1 teaspoon salt**
- 1 teaspoon paprika**
- Dash cayenne**
- 2 cups light cream**
- 1/2 cup dry sherry**
- 2 eggs, slightly beaten**
- 2 cups cut-up cooked lobster meat
or crab meat or cleaned cooked
shrimp**

Melt margarine in saucepan. Blend in corn starch, salt, paprika and cayenne.

Remove from heat. Gradually blend in cream. Cook over medium heat, stirring constantly, until mixture comes to boil and boils 1 minute.

Reduce heat. Gradually stir in sherry. Blend a little hot mixture into eggs, then stir all into remaining hot mixture in saucepan. Add selected seafood. Heat, but do not boil.

Serve in Toast Cups.

Toast Cups: Trim crusts from 8 slices fresh bread. Brush slices on 1 side with corn oil or melted margarine. Fit, oiled side up, into medium muffin cups, pressing down to form cup shape. Bake in 450-degree (very hot) oven until edges are well browned, about 9 minutes. Fill with Seafood Newburg.

Serves 8.

Oyster Ramekins

16 Oysters

- 1 can (2 ounces) mushroom stems and pieces, drained**
- 1/4 cup chopped onion**
- 2 tablespoons butter or margarine**
- 1 can (11-ounce) condensed cream soup**
- 2 tablespoons oyster liquid**
- 1 tablespoon sherry or calamansi juice**
- 2 tablespoons grated cheese (Cheddar or Edam)**
- Chopped green onions**
- 4 slices of toast**

Drain oysters, saving liquid. In saucepan, brown mushrooms and cook onion in butter until tender. Blend in soup until smooth. Gradually add oyster liquid, sherry or calamansi juice. Heat, stirring now and then.

Place 1 tablespoon sauce then 4 oysters in each of 4 ramekins. Cover with remaining sauce. Sprinkle with cheese. Bake at 450 degrees F. for 15 minutes. Top with green onion. Cut each slice of toast into 4 triangles; arrange around sides of dish.

Serves 4.

Tuna-Rice Curry Skillet

- 2 cans (6 1/2 or 7 ounces each)**
tuna in vegetable oil
- 1 medium apple, pared and chopped**
- 1 medium onion, chopped**
- 1-1/3 cups water**
- 1 can condensed cream of celery soup**
- Flaked coconut**
- Chopped green pepper**
- Chutney**
- 1-1/3 cups rice**
- 1 or 2 teaspoons curry powder**
- 1/2 teaspoon salt**
- Chopped peanuts**
- Raisins**

Drain oil from tuna into skillet.

Heat oil; add apple and onion. Cook slowly until apple and onion are soft, about 10 minutes. Add water, soup, curry powder, salt; stir to blend. Stir in rice.

Pile tuna in center of skillet. Bring mixture to a boil; cover and let stand 5 minutes. Fluff rice with fork.

Sprinkle with chopped peanuts, raisins, coconut and chopped green pepper. Serve from skillet. Serve with chutney.

Serves 4.

Tuna A La Philippine

- 1 cup diagonally sliced celery**
- 1/2 cup sliced onion**
- 1/2 cup slivered green pepper**
- 1 tablespoon salad oil**
- 3 cups cooked rice, well drained**
- 2 cans (6-1/2 to 7 ounces each)
tuna, drained and flaked**
- 1/4 teaspoon each: salt, garlic salt,
monosodium glutamate**
- 1/8 teaspoon ground ginger**
- Dash pepper**
- 3/4 to 1 cup water**

Oriental Sauce

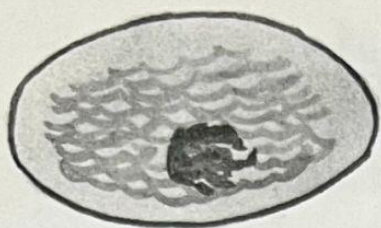
In large skillet, cook celery, onion and green pepper in oil until crisp-tender, about 3 minutes. Remove and set aside.

In same skillet, quickly saute rice, tuna and seasonings for about 2 minutes. Stir in water; add reserved vegetables. Cover and simmer about 5 minutes or until thoroughly heated. Garnish with omelet strips, if desired. Serve with Oriental Sauce.

To prepare Oriental Sauce (makes about 2 cups). In saucepan, mix together 1 tablespoon cornstarch, 1 teaspoon sugar and 1/4 teaspoon monosodium glutamate. Stir in 2 cups vegetable bouillon and 2 teaspoons soy sauce. Bring to boil and boil 1/2 minute.

Serves 6.

Salmon Coquille



- 1 can (10-1/2 ounces) condensed mushroom soup
- 1 pound can salmon
- 1 teaspoon grated onion and juice
- 1/4 cup heavy cream
- 2 tablespoons sherry
- Mashed potatoes

Heat soup until smooth. Stir in liquid from can of salmon, the onion, cream and sherry.

Flake and stir in salmon.

Divided mixture into 4 or 6 scallop shells, depending on size, and press out a border of mashed potatoes through a pastry bag fitted with a large fluted tube.

Bake in a preheated moderate (350 degrees) oven for 15 minutes, then run under broiler for about 2 minutes to broil potatoes.

Serves 4 to 6.

Tuna Stuffed Tomatoes

- 4 large tomatoes, peeled
- 2 cans (6 1/2 or 7 ounces each) tuna in vegetable oil
- 1/3 cup mayonnaise
- 2 tablespoons lemon juice
- 1/2 cup chopped cucumber
- 2 teaspoons chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon dried leaf tarragon
- Parsley



Place tomato stem side down. Make 6 vertical cuts almost through tomato to

form 6 petals. With teaspoon scoop out pulp from tomato, reserving pulp for later use in sauce or other recipe.

Drain and chill ingredients in bowl; let stand about 1 hour to let flavors blend before filling tomatoes.

Drain excess liquid from filling. Stuff tomatoes; garnish with parsley.

To serve hot: Proceed as above, omitting parsley. Place stuffed tomatoes in shallow baking pan; bake in 40 degrees oven for about 12 minutes or until filling is heated through. Do not overcook. Garnish with parsley.

Serves 4.

Sardine Stuffed Egg

1 (3-1/4 ounce) can small sardines

6 hard-cooked eggs

2 tablespoons mayonnaise

1 tablespoon sweet relish

Salt and pepper to taste

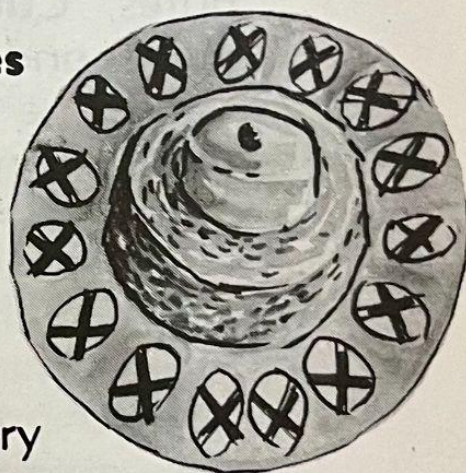
**1 small can pimientos morrones
(sliced into 24 thin strips)**

Hard cook eggs and cool in very cold water. Remove shells and cut eggs in half lengthwise. Scoop out the yolks and mix with the sweet relish and mayonnaise.

Season to taste.

Stuff the eggs with this mixture. Top each with a whole sardine and decorate with crisscross of red pimiento strips. Keep in refrigerator covered with wax paper until ready to serve.

Makes 6 servings, 12 pieces.



Sardine Patty Shell

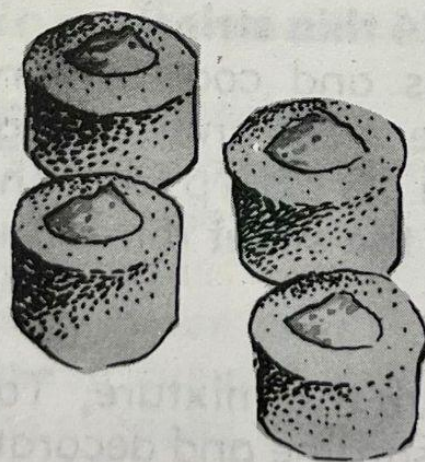
- 4 large patty shells**
- 2 (3-3/4-ounce) cans sardines**
- 1/2 pound fresh mushrooms, sliced**
- 1 tablespoon butter**
- 3 tablespoons heavy cream**
- 1 can mushroom soup**

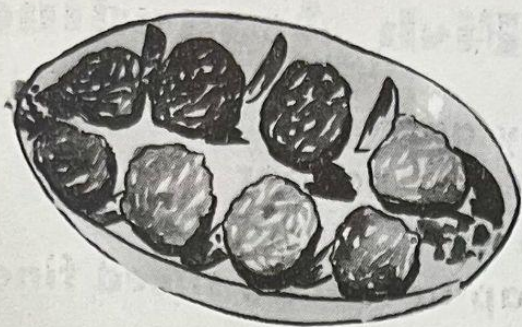
Combine the mushroom soup with fresh sliced mushrooms, butter and heavy cream making a cream sauce.

Cook over medium heat for 10 minutes. Cut the sardines into small pieces and mix in slowly.

Fill the empty patty shells with this mixture and serve hot.

Serves 4.





Sardine Stuffed Green Peppers

- 2 (3- $\frac{3}{4}$ ounce each) cans sardines**
- 4 green peppers**
- 2 cups boiled rice**
- 4 tablespoons tomato sauce**
- 2 ounces melted butter**
- Pinch of marjoram**
- Bread crumbs**
- Salt and pepper to taste**
- 2 tomatoes**

Parboil green peppers until medium soft. Trim off the stems and tops. Mix the boiled rice with the sardines which have been flaked. Add tomato sauce, marjoram, salt and pepper. Stuff the peppers with this mixture; sprinkle with bread crumbs and melted butter. Place in baking dish.

Wash the tomatoes and cut in half; sprinkle each with bread crumbs, salt, pepper and remainder of melted butter. Place in baking dish with peppers and bake in medium oven (350 degrees F.) for about 20 minutes, or until tops are well browned.

Serves 4.

Fried Fish Amandine

- 2 baby apahaps**
- Salt and pepper**
- 1/2 cup butter**
- 1 dayap or lemon, sliced fine crosswise**
- 1/2 cup slivered almonds**

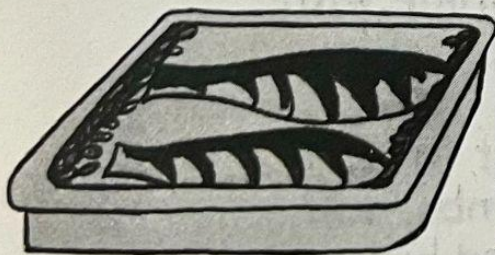
Clean fish well. With a sharp knife make 2 diagonal slashes, 1/4 inch deep, on each side and season to taste with salt and pepper. Set aside about 30 minutes.

Fry almonds in butter until golden brown. Set aside. Fry fish in butter remaining in the pan. Arrange fish on platter. To remaining butter in pan, add thin slices of dayap. (Add more butter if necessary.)

Sprinkle browned almonds on fish and pour butter-lemon sauce over them.

Serves 4.

Baked Fish Amandine



- 1 pound fish fillets (cod, haddock, sole, ocean perch, or other white-meated fish)**
- 3 tablespoons olive oil**
- 1/2 teaspoon salt**
- 1/4 cup chopped blanched almonds or pili**
- 2 tablespoons dry sherry**

If fish is frozen, cut into serving-size pieces while still frozen.

Cover bottom of baking dish or shallow casserole with 1 tablespoon of the

olive oil, lay fish over oil, sprinkle fish with salt and top with almonds or pili. Sprinkle additional olive oil over fish.

If you start with frozen fish, bake at 350 degrees until fish flakes easily, about 25 to 30 minutes, adding sherry or water and lemon during last 10 minutes.

If fish is not frozen when you start baking, cooking time will be 15 to 20 minutes, or until fish flakes easily.

Serves 3.

Lazy Day Tuna Supper

**3 cans (6 1/2 or 7 ounces each)
tuna in vegetable oil**

**1 small sweet red pepper, cut in
strips**

1 small green pepper, cut in strips

**2 tablespoons finely chopped
onion**

**2 cans (10 1/2 ounces each) cream
of mushroom soup**

1 soup-can milk

Toasted French bread slices

Drain 3 tablespoons of the oil from tuna into a skillet. Add vegetables and cook, stirring occasionally, until crisp-tender.

Add soup; blend in milk.

Add tuna; heat to serving temperature. Serve over hot toasted French bread slices.

Serves 6.

Chilled Clam Soup

1 pint clams, with juice

4 tablespoons butter

4 tablespoons flour

1 cup cream

3 eggs, well beaten

Salt

Pepper

Paprika

Mince clams, reserving juice. (You will need 4 cups of juice.)

Bring juice to a boil, add clams and simmer for 5 minutes.

Combine butter and flour in sauce pan. Scald cream and stir gradually into butter mixture. Cook over low heat, stirring constantly, until thick and creamy.

Add to clam mixture. Remove from heat and gradually add well beaten eggs. Season to taste with salt and pepper. Cool and place in refrigerator to chill. (If desired, the soup may be strained or pureed in a blender). Serve ice cold, garnished with paprika.

Serves 4 to 6.

Elegant Lobster Tail Salad

- 6 (4 ounces) lobster tails**
- 2 pounds potatoes**
- 1/2 cup diced onion**
- 1 teaspoon salt**
- 1/4 teaspoon white pepper**
- 1-1/2 cups mayonnaise**
- 1/4 cup heavy cream**

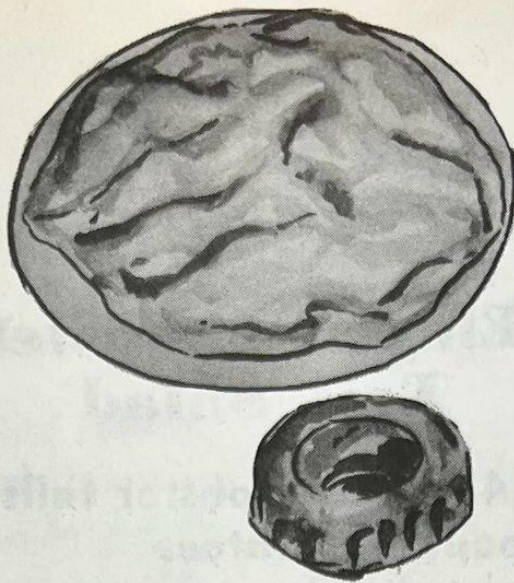
Drop lobster tails into boiling salted water. When water reboils, lower heat and simmer 7 minutes. Drain immediately and drench with cold water. Cut away thin underside membrane and remove meat from shells. Chill.

Boil potatoes; drain and peel. While still warm, cut in cubes in bottom of large bowl. Add onion, salt and pepper immediately.

Mix mayonnaise with cream until smooth. Pour over potatoes and onions and leave in a thick top layer. Cool, then chill.

At serving time, cut chilled lobster tails into bitesize pieces; add to potato bowl and toss together until all ingredients are well blended.

Serves 6.



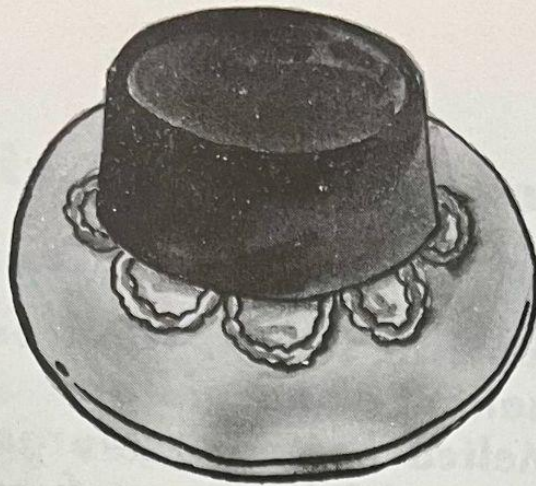
Tuna Medley in Patty Shells

- 3 tablespoons butter or margarine**
- 1 small onion, chopped**
- 3 tablespoons flour**
- 1 teaspoon salt**
- Dash of pepper**
- 1-1/2 cups milk**
- 3/4 teaspoon sweet relish or chopped pickles**
- 1 hard-cooked egg, chopped**
- 2 cans (6-1/2 to 7-ounces each) tuna, drained and flaked**
- 2 tablespoons white wine**
- 6 patty shells**
- Parsley**

Melt butter or margarine in saucepan; add onion and brown lightly. Blend in flour, salt and pepper; gradually add milk and cook, stirring constantly, until sauce thickens. Add relish or chopped pickles, egg, tuna and wine; heat thoroughly.

Spoon into patty shells; garnish with parsley.

Serves 6.



Salmon Mold

- 1/3 cup butter or margarine**
- 1/2 cup finely chopped onions**
- 1/2 cup finely chopped green pepper**
- 1 cup fresh bread crumbs**
- 3 eggs, lightly beaten**
- 1 teaspoon salt**
- 1 tablespoon lemon juice**
- 1/4 teaspoon tobasco**
- 1/4 cup chopped parsley**
- 1/4 teaspoon pepper**
- 1 can (1-pound) salmon, drained**

In top of double boiler, over direct heat, melt butter or margarine. Add onions and green pepper and saute for 5 minutes. Stir in crumbs.

Remove from heat and beat in eggs, salt, lemon juice, tobasco, parsley and pepper. Stir in salmon. Cover saucepan with a double piece of waxed paper, cover with lid of saucepan, and place over bottom part of double boiler containing simmering water. Cook for 1-1/2 hours, or until center is firm.

Loosen edge of salmon with a spatula and unmold onto serving plate. Garnish with parsley and lemon wedges.

Serves 4 to 6.

Fish Steaks Broiled with Fruit

1 kilo fish steaks, fresh or frozen (halibut or navahita)

Melted butter or margarine

Juice of 1 lemon or 6 calamansis

Salt, pepper and paprika

1 Orange or naranjita, peeled and sectioned

3 bananas sliced

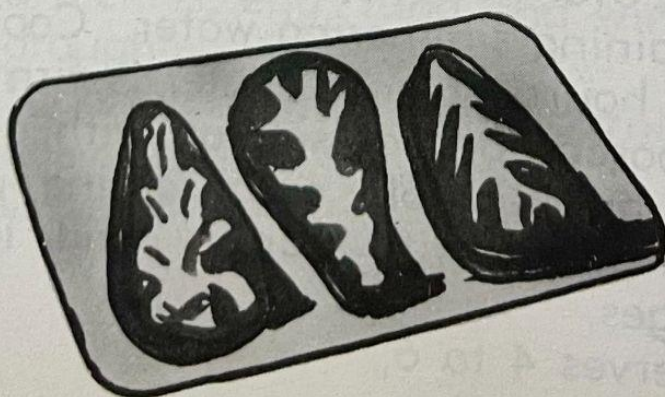
If fish is frozen, let stand at room temperature 30 minutes.

Place on greased preheated broiler pan about 2 inches from heat. Brush with melted butter or margarine and squeeze half of lemon or 3 calamansis over steaks. Sprinkle with salt, pepper and paprika. Broil 5 to 8 minutes or until slightly brown. Turn carefully.

Arrange banana slices around steaks and place 1 or more orange sections on each steak. Brush steaks and fruit with melted butter or margarine; squeeze remaining lemon or calamansi over all. Sprinkle with salt, pepper and paprika.

Broil 5 to 8 minutes, or until fish flakes easily when tested with a fork.

Serves 6



Lobster Tails with Hawaiian Marinade

- 8 lobster tails**
- 1/2 cup cider vinegar**
- 2/3 cup oil**
- 2 teaspoons salt**
- 1/2 teaspoon white pepper**
- 1/2 cup minced onion**
- 1-1/2 cups unsweetened pineapple
juice**

Take frozen tails and cut down through middle of hard shell with sharp knife. Grasp tail in both hands and open flat butterfly style.

Combine all other ingredients and beat until well blended.

Place lobster tails shell-side down in a shallow pan. Pour marinade over the tails and let stand until they are defrosted.

When coals are hot, grill tails for five minutes, flesh side toward heat. Turn, spread flesh with marinade. Grill flesh-side up until meat has lost its transparency and is opaque. Brush tails with sauce several times during cooking and just before serving.

Serves 8.

Fish Steaks Marengo

For four servings, plan on 1-1/2 lbs. fish steaks, the white meat variety, fresh or frozen. If fish is frozen, let partially thaw (for about 30 minutes) on refrigerator shelf or at room temperature.

Melt 1/4 cup butter or margarine in large skillet. Saute 1 lb. mushrooms (sliced) or 1 (4 oz.) can sliced mushrooms and 1 medium onion (sliced) over low heat until lightly and evenly browned.

Sprinkle 2 tablespoons flour over mixture in skillet and stir to make smooth paste. Add 1/2 cup dry white wine. Add 1 (No. 2) can tomatoes and 1/4 teaspoon each oregano and thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Cook over low heat.

Place steaks in tomato mixture in skillet, cover and simmer 15 minutes.

Serves 4.

Salmon Guisado

1/2 cup olive oil

1 tablespoon crushed garlic cloves

1/2 cup minced onion

3/4 cup peeled and chopped ripe tomatoes

1 can salmon

2 quartered onions

2 quartered tomatoes

Salt and pepper to taste

Fry garlic in oil until golden brown. Add onion and cook until wilted and transparent. Add tomatoes and simmer until thick and well blended.

Add salmon, leaving it whole, quartered onions and tomatoes, salt and pepper to taste. Simmer covered a few minutes or until quartered onions have wilted.

Serves 4.

Pescado En Mayonesa

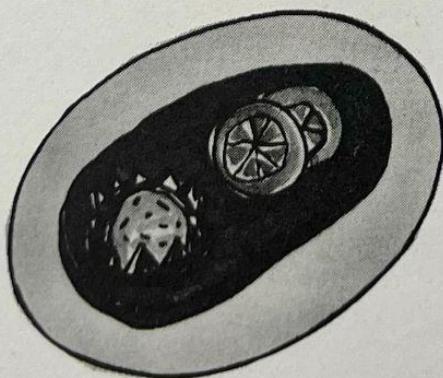
Verde

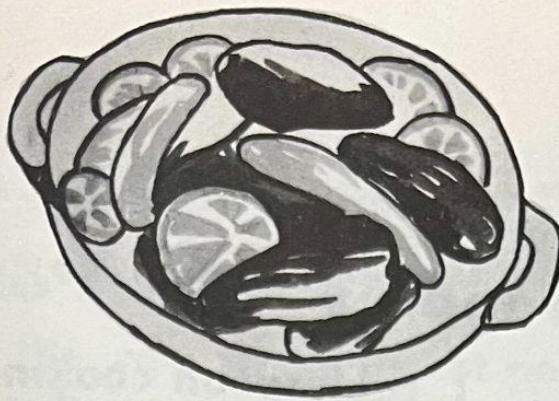
- 4 slices fried fish**
- 1 cup mayonnaise**
- 1 tablespoon dry white wine or white wine vinegar**
- 1 tablespoon finely chopped parsley**
- 1-1/2 teaspoons chopped anchovies or anchovy paste**
- 1 tablespoon finely chopped green onion**
- 8 thin slices of lemon or dayap or calamansi halves**
- 4 whole, firm ripe tomatoes**

Combine mayonnaise, wine or vinegar, parsley, anchovies and green onion. Chill one hour or longer to allow flavors to blend.

Hollow out tomatoes and fill with mayonnaise mixture. Serve each slice of fried fish topped with lemon slices and a mayonnaise-filled tomato.

Serves 4.





Fiesta Banana Skillet

- 4 pork chops (1 inch thick)**
- 1 tablespoon salad oil**
- Salt and pepper**
- 1/4 teaspoon allspice**
- 1-1/2 cups orange juice**
- 1 tablespoon red maraschino cherry juice**
- 2 teaspoons lemon juice**
- 1 tablespoon cornstarch**
- 1/4 cup sliced red maraschino cherries (about 10 cherries)**
- 4 slices lemon**
- 4 slices orange**
- 4 medium bananas, green tipped**

Brown chops in oil in large skillet. Drain off drippings. Sprinkle chops with salt and pepper.

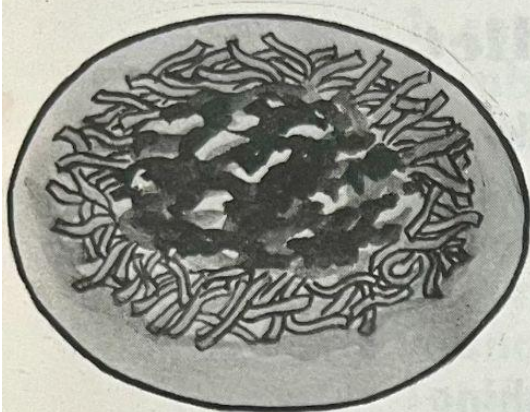
Mix allspice, 1 cup orange juice, cherry and lemon juice, pour over chops. Cover and cook over low heat 30 minutes or until tender.

Blend remaining 1/2 cup orange juice with cornstarch; stir into skillet. Bring to a boil, stirring constantly; lower heat and add remaining ingredients.

Cover and cook 10 minutes longer, turning bananas once.

Serves 4.

Noodles with Pork Sauce



- 1** tablespoon cooking oil
- ½** kilo ground pork
- 1** medium-sized onion, chopped
- 1** clove garlic, crushed
- ¼** teaspoon oregano
- ½** teaspoon rosemary
- 1** teaspoon salt
- ¼** teaspoon pepper
- 1** can (10-½ ounces) condensed tomato soup
- ½** cup stock or bouillon
- ¼** cup chopped parsley
- 2** tablespoons lemon juice
- ¼** teaspoon salt
- 3** quarts boiling water
- 8** ounces medium egg noodles (about 4 cups)

Heat oil. Add pork and onion and cook over medium heat, stirring occasionally, until pork is browned. Add garlic, oregano, rosemary, 1 teaspoon salt, pepper, tomato soup, stock or bouillon, parsley and lemon juice; mix well. Cover and cook over medium heat 40 minutes, stirring occasionally.

Meanwhile, add ¼ teaspoon salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Serve noodles with sauce.

Serves 4.

Pork Chop, Apple and Sweet Potato Casserole

- 1-1/2 lbs. raw sliced sweet potatoes**
- 1 tablespoon butter or margarine**
- 1 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 3/4 lbs. (about 2 medium-sized) fresh raw apples**
- 2 tablespoons brown sugar**
- 1/4 teaspoon ground cinnamon**
- 1/2 teaspoon grated lemon peel**
- 2 teaspoons fresh lemon juice**
- 2 tablespoons hot water**
- 4 center cut pork chops**

Peel and slice sweet potatoes 1/4-inch thick. Place in a buttered, shallow, 8-inch, round or square baking dish. Dot with butter or margarine and sprinkle with 1/2-teaspoon of the salt and ground black pepper.

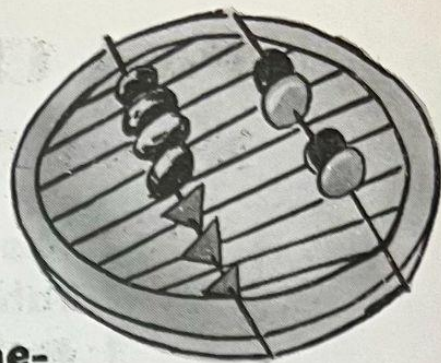
Peel, slice and core apples. Arrange over sweet potatoes.

Combine brown sugar cinnamon and lemon peel and scatter over apples. Add lemon juice and water.

Top with pork chops. Sprinkle with the rest of salt and pepper. Cover. Bake in a preheated moderate oven (350 degrees) 1 1/2 hours or until pork chops are tender. Remove cover the last 30 minutes to brown the chops, turning to brown both sides, if desired.

Serves 4.

Pork and Pineapple Skewers



- 4 pounds boned leg of pork**
- 1 (1-pound 4-1/2 ounce) can pineapple slices**
- 1/4 cup wine vinegar**
- 1/4 cup lemon juice**
- 1/4 cup catsup**
- 1/2 cup sauterne or lemon and water**
- 3 tablespoons cooking oil**
- 1 tablespoon prepared mustard**
- 2 teaspoons seasoned salt**
- 1/2 teaspoon oregano**
- 2 cloves garlic, minced**
- 12 small white onions, parboiled**
- 12 small tomatoes**

Trim fat from pork, cut meat into 1-1/2 inch chunks. Drain 1/2 cup syrup from pineapple and combine with lemon juice, vinegar, catsup, wine, oil, mustard, salt, oregano, and minced garlic.

Combine with pork, cover and refrigerate several hours or overnight. When ready to barbecue, thread 4 or 5 pork cubes on each skewer. Grill over hot coals until meat is crusty and brown on outside and cooked inside.

Brush frequently with marinade and turn often for even cooking. When meat is almost done push cubes together toward upper end of skewer. Thread quartered pineapple slices on end of skewer and grill a few minutes until heated and

browned. Thread onions and tomatoes on separate skewers; grill, brushing with marinade, until heated and tinged with brown.

Additional skewers to take care of the vegetable selection are made by threading white onions and small whole tomatoes together. Brush with the same zesty marinade as they join the pork and pineapple skewers for a few minutes heating.

Serves 6.

Barbecued Spareribs

- 2 racks spareribs about 2 kilos**
- 3 cans (8-ounce) tomato sauce**
- 1/3 cup dark brown sugar**
- 3 tablespoons chopped onion**
- 1 clove garlic, mashed**
- Juice of 2 lemons or 6 large calamansi fruits**
- 1/3 cup oil**
- 1/2 teaspoon ground white pepper**

Have butcher crack spareribs so they can be cut easily after cooking. Wash spareribs and pat dry. Combine remaining ingredients and simmer in saucepan for 15 minutes, stirring once.

Brush ribs generously with sauce and place high above hot coals, about 8 to 10 inches. Broil turning occasionally and brushing frequently with sauce, for 1 hour or until ribs are brown and done.

Serves 4 to 6.



Colonial Pork Chops

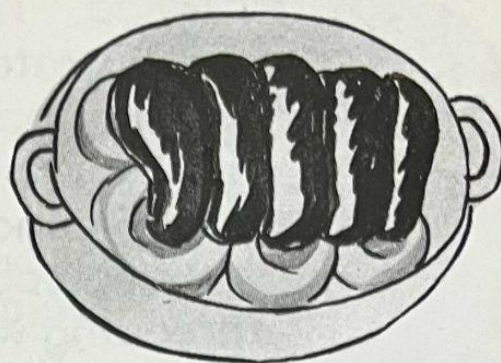
- 6 sweet potatoes
- 6 pork chops
- 1/4 cup unsulphured molasses
- 1/4 cup water
- 1 tablespoon minced onion
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ginger
- 1 teaspoon monosodium glutamate
- 3/4 teaspoon salt

Cook sweet potatoes in boiling salted water for 15 minutes. Drain, cool slightly, peel and cut in half; arrange in 3-quart casserole.

Brown chops slowly on both sides in skillet, 15 to 20 minutes. Combine molasses, water, onion, dry mustard and ginger; pour over sweet potatoes.

Sprinkle pork chops on both sides with monosodium glutamate and salt; arrange over sweet potatoes. Bake, covered, in moderate oven (350 degrees) for 1 hour, or until chops are tender. Serve with cherry sauce.

Serves 6.



Cherry Sauce

- 1 can (1 pound) tart red pitted cherries (water-packed)
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon ginger
- Red food coloring

1 tablespoon butter

1/4 teaspoon dry mustard

Drain liquid from cherries into 2-cup measure (reserve cherries); add water to make 1-1/2 cups. Combine sugar, cornstarch, salt, dry mustard and ginger in saucepan; and gradually blend in liquid.

Stir constantly over moderate heat until mixture thickens and comes to a boil. Add cherries and a few drops of red food coloring to make attractive color. Cook 3 more minutes; remove from heat and stir in butter.

2-3/4 cups

Pork Cutlets Navarra

12 trimmed and boneless pork cutlets 1 inch thick, seasoned and lightly browned

3/4 pound Spanish-type sausages grilled

1/4 pound unsliced bacon, cubed and slightly fried

6 tomatoes, peeled and cubed

18 small white onions, boiled firm, slightly browned in butter

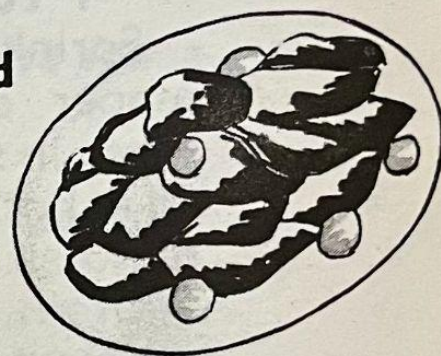
1/2 cup red wine (or water)

2 cups brown stock, seasoned to taste

Chopped parsley

Arrange meats and vegetables in a casserole or chafing dish. Add wine and stock. Bring to boil, cover and cook for 40 minutes. Serve with a garnish of chopped parsley.

Serves 6 to 8.



Pineapple-Ginger Spareribs

Two sides (2 pounds each) spareribs

Salt

pepper

Monosodium glutamate

1 clove garlic

1/4 cup soy sauce

1/4 cup brown sugar (packed)

**1 tablespoon peeled, minced fresh
ginger root**

1 large onion

1 large green pepper

2 tablespoons cooking oil

1 tablespoon cornstarch

2 tablespoons cider vinegar

1 can (No. 2) pineapple chunks

Sprinkle spareribs lightly with salt, pepper and monosodium glutamate. Place in shallow pan and roast uncovered in hot oven (425 degrees F.) about 30 minutes.

Drain off fat. Reduce oven heat to moderate (350 degrees F.).

Mince garlic and mix with soy sauce, brown sugar and ginger. Pour evenly over ribs. Peel onion, cut in eights, then cut each piece in half. Separate into layers. Cut green pepper into similar large pieces. Heat oil and toss in vegetables. Cook and stir until shiny, only a minute or so.

Mix cornstarch with vinegar and 1 cup syrup drained from pineapple. Add

to pan. Cook, stirring until sauce is transparent. Toss in pineapple chunks. Pour over ribs. Bake uncovered 45 minutes to 1 hour, or until ribs are tender and glazed looking. Turn and baste occasionally. Cut into serving pieces.

Serves 4.

Barbecued Spareribs

- 3 to 4 pounds lean spareribs**
- 2 tablespoons butter or margarine**
- 1 clove garlic, chopped**
- 1 cup tomato catsup**
- 1 cup water**
- 2 tablespoons calamansi juice**
- 1 teaspoon paprika**
- 1 tablespoon Worcestershire sauce**
- Dash Tabasco sauce**
- 2 onions, sliced**
- 2 lemons (or dayap), sliced, unpeeled**

Cut spareribs in pieces, place on rack in roasting pan and brown at 450 degrees F. for 30 minutes.

Melt butter or margarine in saucepan; saute garlic for 1 minute, add remaining ingredients except onions and lemons and bring to boil.

Pour fat from ribs, and place slice of onion and lemon on each piece of meat. Pour hot sauce over ribs and bake at 350 degrees F. for 1-1/2 hours to 2 hours, basting occasionally. Place under broiler to brown before serving.

Serves 6.

Swedish Loin of Pork with Prune Gravy

3 to 4 pounds pork loin
15 to 20 prunes
1-1/2 teaspoons salt
1-1/2 teaspoons ginger
Dash of pepper
**1/4 cup chopped prunes for each cup
of gravy**

Trim excess fat from meat. Rinse prunes; cut in half and remove pits. Cut pockets in meat and insert prunes. This should be done at regular intervals, so a design will be formed when meat is sliced.

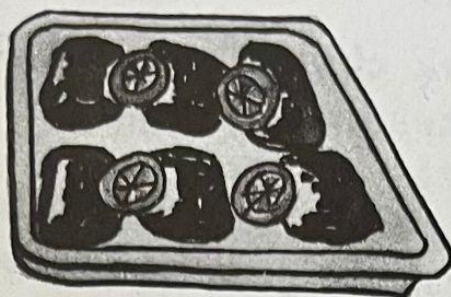
Rub surface of meat with salt, ginger and pepper. Tie chops together if necessary with a piece of string.

Place in roasting pan. Roast uncovered in a slow oven (325 degrees) for 2 to 2-1/2 hours. Remove roast and make gravy of pan drippings.

To each cup of gravy add 1/4 cup chopped prunes.

Bright green pepper and pineapple tidbits accent this richy browned flank steak.

Serves 4 to 6.



Mexican Pork Chops

- 2 teaspoons shortening**
- 4 thick pork chops**
- 1 lemon or dayap, thinly sliced**
- 2 tablespoons light brown sugar**
- 2 teaspoons chili powder**
- 1 teaspoon salt**
- 1 (15-1/2-ounce) can spaghetti sauce with mushrooms**

Preheat oven 375 degrees.

Melt shortening. Brown the pork chops. Place chops in medium-sized baking dish. Put lemon slices on top of pork chops.

Mix together brown sugar, chili powder, and salt. Sprinkle over top of chops. Pour over the canned spaghetti sauce. Cover.

Bake for 1 hour or until chops are tender.

Serves 4.

Fruited Pork Chops

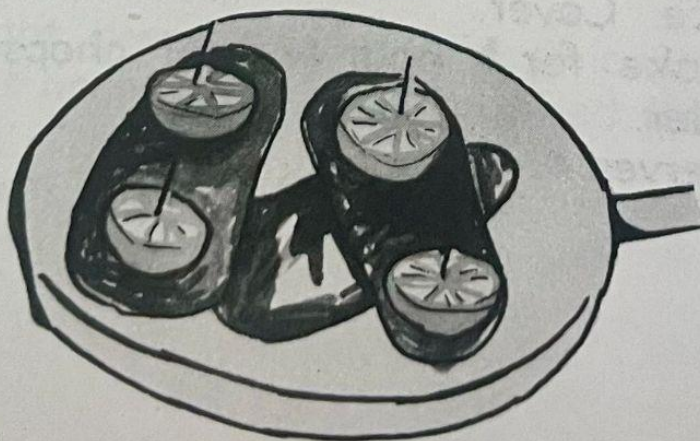
- 4 pork chops (about 1 pound)**
- 4 slices apple**
- 4 slices orange**
- Dash of ground cinnamon**
- Dash of ground cloves**
- 1 can (10-1/2 ounces) condensed beef broth**
- 1 tablespoon brown sugar**
- 2 tablespoons orange juice**
- 1 tablespoon cornstarch**

In skillet, brown chops on both sides; pour off drippings. Place an apple and orange slice on each chop; sprinkle with cinnamon and cloves.

Add soup and sugar, cover. Cook over low heat 35 minutes. Mix orange juice and cornstarch until smooth; gradually blend into soup.

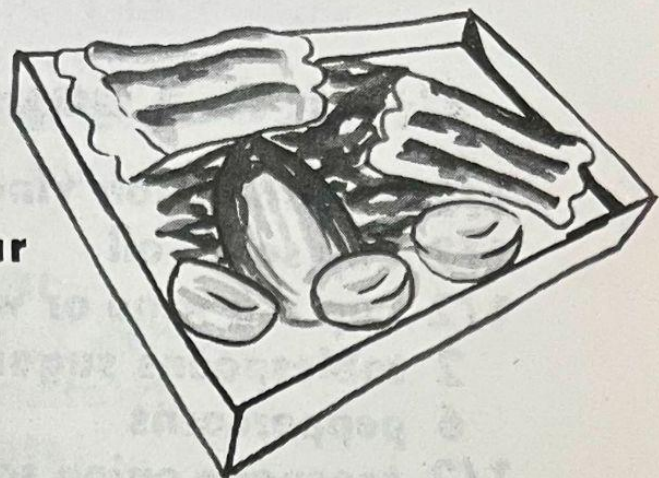
Cook, stirring constantly, until slightly thickened. Continue until sauce is desired consistency; baste chops now and then.

Serves 4.



Spareribs Bake

- 1/2 cup tomato sauce**
- 1/2 cup water**
- 2 tablespoons vinegar**
- 1 tablespoon brown sugar**
- 1 teaspoon salt**
- 1 teaspoon paprika**
- 1 teaspoon chili powder**
- 1/4 teaspoon black pepper**
- Dash cayenne**
- 1 cup chopped onion**
- 3 lbs. spareribs, cut into serving pieces**
- 4 canned peach halves**
- Salad greens**



In large, shallow dish combine tomato sauce, water, vinegar, brown sugar and seasonings. Stir to blend; add onion and mix. Add spareribs to dish, spooning marinade over meat; marinate 1 hour.

Place ribs in baking pan with some of marinade spooned over. Bake in 350-degree (moderate) oven, basting several times with marinade, 1 1/2 to 2 hours or until tender.

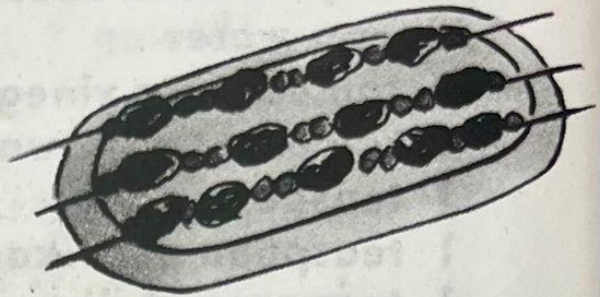
Meanwhile, place canned peaches outside down in marinade left in shallow dish.

When ribs are tender remove to warm dish. Fill peach halves with marinade; broil 3 minutes. Serve with ribs. Garnish with salad greens if you wish.

Serves 4.

Grilled Chops

- 1/2 cup tarragon vinegar**
- 1/2 cup salad oil**
- 1/2 cup red wine or water**
- 2 tablespoons sugar**
- 6 peppercorns**
- 1/2 teaspoon onion salt**
- 6 (1 1/2 to 2 inches thick) chops**
about 4 pounds
- 2 cans (1 pound each) whole**
potatoes, drained
- 2 jars (1 pound each) whole beets,**
drained
- 1 can (15 ounces) whole carrots,**
drained, or 1/2 pound fresh
carrots, cut in chunks and
parboiled.



Mix together vinegar, oil, water, sugar and seasonings. Pour over chops. Marinate several hours or overnight, turning occasionally. Grill 22 to 30 minutes brushing frequently with marinade. Place vegetables alternately on skewers. Grill 5 minutes or until browned, brushing frequently with marinade. Serve as a side dish or piled over grilled chops.

Serves 6.

Pork Chops Jubilee

- 4 lean pork chops, 1-inch thick**
- 2 tablespoons honey**
- 1 teaspoon soy sauce**
- 1 can pitted red sour cherries**
- 1 teaspoon salt**
- 1/8 teaspoon pepper**
- 1/8 teaspoon almond extract**
- 1 tablespoon cornstarch**
- 2 tablespoons water**

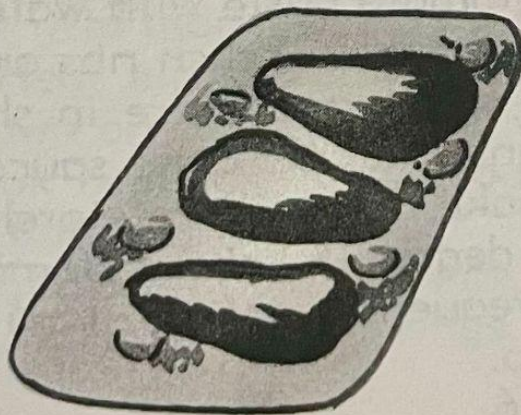
Trim excess fat from chops.

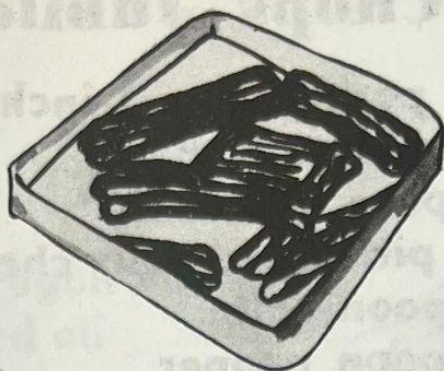
In a skillet, combine honey and soy sauce. Place over low heat, add chops and turn to coat all sides of chops with honey mixture. Lightly brown meat.

Add cherries with juice, salt pepper and almond extract. Cover and cook over low heat until chops are tender, about 45 minutes. Turn chops a couple of times while cooking.

Skim off any accumulated fat. Stir cornstarch into water. Add to skillet and cook, stirring constantly, until sauce thickens and boils. If desired, serve garnished with chopped parsley.

Serves 4.





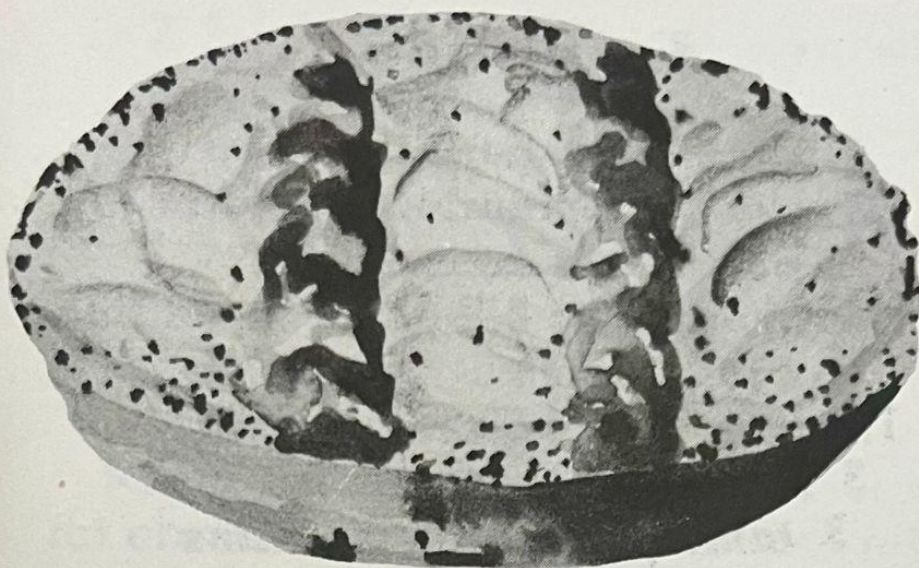
Baked Spicy Spareribs

- 2-½ kilos spareribs**
- 2 medium onions, diced**
- 2 cloves garlic, crushed**
- 2 tablespoons soy sauce**
- 4 tablespoons white vinegar**
- 2 teaspoons salt**
- 1 teaspoon pepper**
- 1 teaspoon oregano**
- 2 6-ounce cans tomato paste**
- 3 cups water**

Trim excess fat from spareribs and cut into serving pieces. Place in large pan, cover with boiling salted water and simmer until tender, about 50 minutes. Remove ribs and let drain.

Mix together onions, garlic soy sauce, vinegar, salt, pepper and oregano. Blend tomato paste with water until smooth and add. Brush ribs on both sides with sauce and place in shallow baking pan. Pour half the sauce over ribs and bake in a moderate preheated oven (350 degrees F.) about 30 minutes, basting frequently until rest of sauce is used up.

Serves 6.



Spicy Pork

- 1/4 teaspoon tumeric**
- 1/2 teaspoon chili powder**
- 1/2 teaspoon saffron powder**
- 1 teaspoon ginger**
- 2 cloves garlic, minced**
- 2 teaspoons salt**
- 1 cup vinegar**
- 1 1/2 kilos boneless pork, cut into 1-inch cubes**
- 1/4 cup salad oil**
- 1/2 cup water**

Make a marinade by combining spices and vinegar. Add meat and allow it to marinate 2 to 3 hours. Drain.

Heat oil in a saucepan. Add meat. Brown on all sides. Add water. Cover. Cook over low heat about 30 minutes or until meat is tender.

Serve with saffron rice.

Makes 6 to 8 servings.

Embutido

- 1 kilo ground pork**
- 1 cup breadcrumbs, soaked in 1/2 cup milk**
- 2 Chorizos de Bilbao, chopped fine**
- 2 eggs, beaten**
- 1/2 cup grated Queso de Bola**
- 3 tablespoons sweet relish**
- 3 tablespoon seedless raisins**
- Salt and pepper to taste**

Mix all ingredients.

Shape into two small long loaves and wrap in clean cheesecloth. Tie securely at both ends and sew up opening.

Place in a saucepan with just enough chicken or meat broth to cover. Bring to boil and simmer until the meat is cooked. Cool.

Unwrap and slice into serving pieces. Serve with sauce made by simmering liquid (in which rolls were cooked) into desired quantity, about 1 cup.

Serves 8.

Roast Pork

2 kilos pork shoulder (1 piece about 12 inches square)

1 cup thick pineapple jam

1 tablespoon cinnamon

1 tablespoon calamansi juice

Salt to taste

Whole cloves

Aluminum foil

Remove pork rind, leaving a layer of fat about 1/2 inch thick. Rub pork with salt to taste and calamansi juice. Lay fat-side down on tray. Spread half of the pineapple jam (1/2 cup) on meaty surface of pork. Fold one side over and tie with string to form a rounded loaf, fat-side out.

Place on two layers of aluminum foil. Spread the rest of the jam over fat surface, spreading evenly. Dust with cinnamon. Dot with whole cloves.

Wrap in aluminum foil securely, edges folded to insure air-tightness. Bake in preheated oven (350 degrees F.) for about 2 hours or until meat is fork tender and the surface golden brown. (Length of baking time depends on quality of meat). Serve with candied camotes.

Remove fat from drippings and simmer down in uncovered pan to about 1 cup. Thicken with cubed bread and serve as sauce.

Serves 8 to 10.

Barbecued Pork Chops

- 4 thick porkchops, loin or rib**
- 1-1/2 teaspoons kitchen bouquet**
- 1 can (8-ounce) tomato sauce**
- 1/2 cup pure orange juice**
- 1/4 teaspoon powdered thyme**
- 2 tablespoons calamansi juice**

Brush pork chops with kitchen bouquet and brown over moderate heat in lightly greased skillet. Blend together and add remaining ingredients. Bring to a boil, cover and then simmer gently until chops are fork tender, about 40 minutes. Serve with hot cooked noodles or with toasted picnic buns.

Serves 4.



Shrimp With Pineapple

- 1 cup shrimp**
- 2 tablespoons cooking oil**
- 1 small onion, sliced**
- 5 water chestnuts, thinly sliced**
- ½ green pepper, cut in strips**
- 1 cup pineapple cubes, well-drained.**
- ¼ cup sweet pickles, sliced**
- ½ cup pineapple juice**
- 1 tablespoon cider vinegar**
- 1 tablespoon grated ginger root**
- 1 tablespoon cornstarch**
moistened with water

Parboil shrimp by dropping in boiling salted water. When water reboils, cook 1 minute. Drain immediately. Shell and devein.

Heat oil in heavy skillet. Add onion, water chestnuts and green pepper. Saute lightly. Add pineapple cubes and pickles.

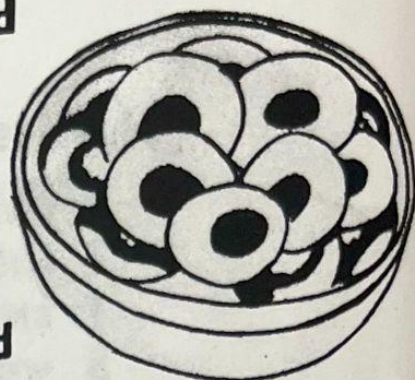
Mix together pineapple juice, vinegar and ginger. Add and simmer together for a few minutes. Stir in cornstarch and cook until thickened. Add shrimp, bring back to boiling and cook in sauce for 4 minutes.

Serve immediately with rice.

Serves 6

Shrimp-Egg Casserole

- 6 individual baking dishes**
- 1½ cups cracker crumbs**
- ¾ cup butter or margarine, melted**
- 3 tablespoons flour**
- ½ teaspoon salt**
- ½ teaspoon garlic salt**
- Dash pepper**
- 1 can (No. 2) whole tomatoes**
- 1 cup fresh, cleaned and deveined shrimp**
- ½ cup light cream**
- ½ cup sherry wine or water flavored with lemon juice**
- 1 tablespoon Worcestershire sauce**
- 1 tablespoon snipped parsley**
- 6 hard-cooked eggs, sliced**



Blend the crumbs with ½ cup of the melted butter or margarine. Line 6 shallow individual baking dishes with the crumb mixture.

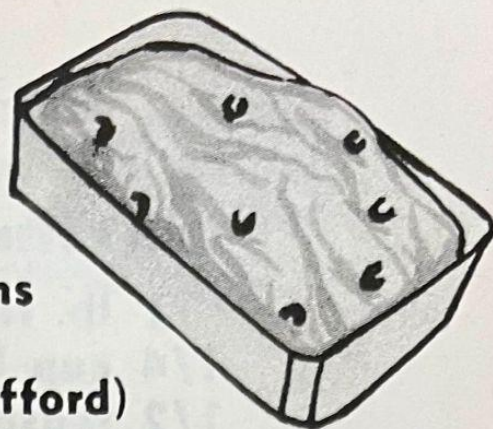
Add flour, salt, garlic salt and pepper to remaining melted butter in saucepan; heat and blend thoroughly. Add tomatoes all at once. Cook, stirring constantly, until uniformly thickened. Add shrimp, cream, sherry or lemon water, Worcestershire sauce and parsley. Bring to a boil.

Pour into crumb lined individual baking dishes. Arrange one sliced hard-cooked egg on top of each dish. Cover and bake in a 375-degree F. (moderate) oven until sauce is bubbly, about 15 minutes. Serve in baking dishes.

Serves 6.

Shrimp Casserole

Almondine



- 1 lb. (half a kilo) green beans**
- Water**
- 1 cup rice (the best you can afford)**
- 1/2 teaspoon salt**
- 1/2 to 1 teaspoon curry powder**
- 2 tablespoons butter or margarine**
- 1 cup fresh shrimp, peeled and deveined**
- 1 cup toasted slivered almonds, casuy or pili**
- 2 egg whites**
- 1 cup mayonnaise**

Cook beans in water to cover, just until crisp tender. Drain beans. Parboil shrimp in the same water, drain.

Add water to liquid in which beans and shrimp were cooked to make 2 cups. Combine in saucepan with rice, salt, curry powder and butter. Cover and bring to boil. Reduce heat to low and cook 15 minutes.

Turn rice into greased 11-x-7-x-2-inch baking dish; place beans and shrimp in separate layers over rice. Sprinkle 3/4 cup almonds, casuy or pili over top layer. Whip egg whites until very stiff; carefully fold in mayonnaise, spread over nuts. Sprinkle remaining nuts on top. Bake on rack below center in 400-degree (moderately hot) oven about 20 minutes or until topping is light brown and fluffy. Serve at once.

Serves 6 to 8.

Shrimp Stroganoff

- 1 lb. fresh shrimp**
- 1/4 cup flour**
- 1/2 teaspoon salt**
- 1/8 teaspoon pepper**
- 1/4 lb. bacon (5 to 6 strips), diced**
- 2 tablespoons grated onion**
- 1 teaspoon prepared mustard**
- 1-1/2 cups tomato juice**
- 1/2 cup commercial sour cream**

Shell and devein shrimp. If they are large, cut them up to bite-size. Rinse and drain.

Place flour, salt and pepper in a clean bag. Add shrimp and shake well to coat thoroughly. (If preferred, you may now arrange them one layer deep, cover and refrigerate until serving time).

About 15 minutes before mealtime, place bacon in cook-and-serve type skillet and cook, stirring constantly, until brown and crisp. Remove bacon and drain on paper towelling.

To fat in pan, add onion and shrimp. Cook over moderate heat two minutes; turn to brown second side, about two minutes more.

Mix mustard with tomato juice and add to pan, stirring to blend. Cook 3 to 5 minutes more. Just before serving, remove from heat and stir in sour cream. Keep warm over lowest heat. Serve garnished with bacon, over rice.

(If desired, bacon may be omitted. Use 1/3-cup oil to brown the shrimp and proceed as recipe directs. That makes it right for a meatless meal).

Serves 4.

Shrimp Delight

1 kilo shrimp

1 head of Baguio lettuce

4 to 6 eggs, hardcooked, quartered

4 Medium-size tomatoes, cut in wedges

Parsley for garnish

Dressing

Clean and cook shrimp by boiling 3 minutes in 1-1/2 quarts of water to which 2 teaspoons pickling spices or salt to taste have been added. Drain, peel and devein shrimp. Chill.

Shred half of lettuce. Arrange shrimp, eggs, tomatoes, shredded lettuce and parsley over remaining leaves in salad plates.

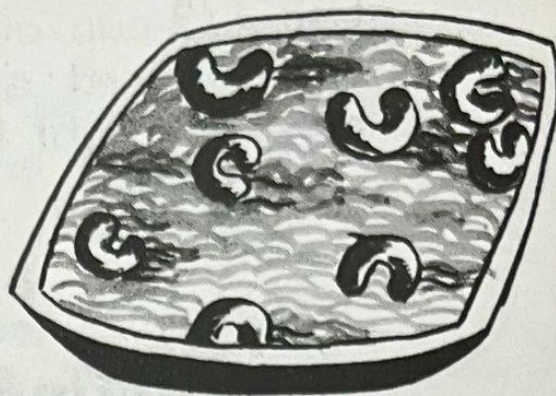
Serve with following dressing:

One cup mayonnaise, 1/3 cup chili sauce, 1 small onion, grated; 1 tablespoon parsley, chopped; dash cayenne pepper, 1 tablespoon salad vinegar, 2 tablespoons chopped stuffed olives, 1/2 teaspoon Worcestershire sauce, salt to taste. Combine all ingredients. Chill.

Makes 4 to 6 individual salads.

Fried Shrimp with Vegetables

- 1 cup peeled shrimp**
- 3 tablespoons peanut oil**
- 1 clove garlic, minced**
- 1 teaspoon salt**
- 1 teaspoon soy sauce**
- 2 (3-ounce) cans sliced mushrooms,
with liquid**
- 1 cup sliced green onions, large
Baguio variety**
- 1 cup sliced celery**
- 1 cup green pepper strips**
- 1/2 cup sliced water chestnuts
(apulid)**
- 1/2 cup sliced bamboo shoots**
- 1 tablespoon cornstarch**
- 1 cup shrimp liquor**



Heat peanut oil in large skillet. Add garlic and shrimp. Saute rapidly until shrimp turns a light pink, about 1 to 2 minutes. Add soy sauce and salt.

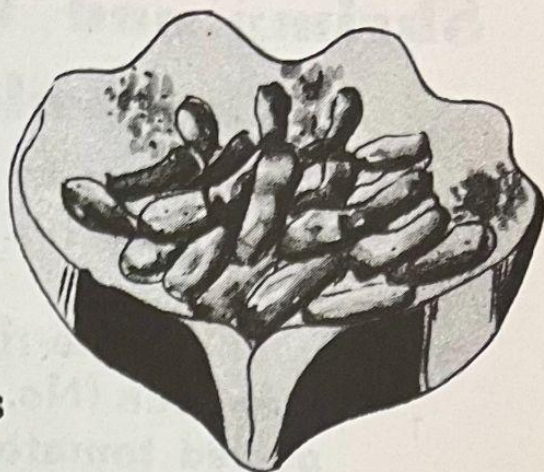
Blend cornstarch with small amount of shrimp liquor. Add to remaining shrimp liquor. Add to mixture in the skillet and cook over low flame until it comes to a boil. Add all the vegetables and continue cooking only until vegetables are tendercrisp, about 5 minutes.

Serve over rice or crisp noodles with additional soy sauce if desired.

Serves 6 to 8 .

Shrimp Croquettes

- 1 cup raw, shelled shrimp**
- 1 cup shrimp juice
extracted from shells**
- 2 cups cooked, mashed potatoes**
- ½ cup onion chopped fine**
- ¼ cup tomatoes, blanched,
peeled and chopped fine**
- Salt and pepper to taste**
- 2 eggs, slightly beaten**
- Cracker or bread crumbs**
- Cooking oil for frying**



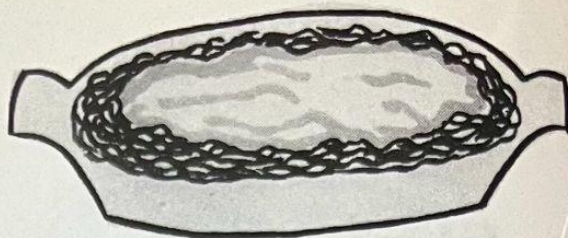
Remove black vein from back of shrimp and chop fine.

In about 1 tablespoon of oil, fry onion until just tender, not brown. Add tomatoes and cook about 2 minutes. Add shrimp and shrimp juice, cover pan, and allow to simmer about 5 minutes or until shrimp turns pink. Add seasoning to taste and mashed potatoes. Continue cooking, stirring occasionally until mixture is almost dry. Remove from heat and cool.

Shape into croquettes, roll in crumbs, then in beaten egg, then in crumbs again. Fry in shallow hot oil, turning each croquette to brown all over evenly.

Makes 6 serving, 12 croquettes.

Shrimp and Tomato Casserole



- Fresh small shrimps, cooked,
or 2 cans (4 1/2 ounces each)
shrimps**
- 2 pounds vine-ripe tomatoes, or 1
large can (No. 2 1/2 size) whole-
peeled tomatoes**
- 1/2 cup chopped onion**
- 4 tablespoons butter**
- 1 cup seasoned bread crumbs**
- 2 tablespoons minced fresh pars-
ley**
- 1 cup grated mild Cheddar cheese**
- 6 eggs, beaten**
- 2 teaspoons salt**
- 1/4 teaspoon coarse black pepper**
- 2 cups light cream**

Drain shrimp. Peel and chop toma-
toes. (If canned, drain and chop.)

Saute onion in butter until soft and
golden, stirring constantly. Remove
from heat; stir in bread crumbs and
parsley.

Combine eggs with seasonings and
cream. Spread about a third of the
crumb mixture over the bottom of a
shallow (10 x 2-inch) baking dish. Top
with half the tomatoes; add half the
shrimp and cheese. Repeat.

Pour the egg mixture evenly over the
top and sprinkle with remaining
crumbs.

Bake 45 to 50 minutes at 350 deg-
rees.

Serves 6.



Shrimp Tahiti

- 2 tablespoons vegetable oil**
- 1 $\frac{1}{4}$ cups diced onion**
- 2 tomatoes, peeled and diced**
- 2 teaspoons salt**
- $\frac{1}{4}$ teaspoon crushed red pepper**
- $\frac{1}{2}$ bay leaf**
- 1 8-ounce can tomato sauce**
- 1 kilo raw shrimp, peeled**
- $\frac{1}{2}$ cup hot water**
- $\frac{1}{2}$ cup peanut butter**
- 3 cups hot cooked rice**

Heat oil in large skillet. Add onion and saute over low heat until tender but not browned. Add tomatoes, salt, red pepper, bay leaf and tomato sauce. Cover and simmer 15 minutes. Add shrimp.

Blend hot water with peanut butter and add to mixture. Cover and simmer 10 minutes longer.

Serves over rice.

Serves 6.

Shrimp Puff Fritters

**1/2 kilo large, raw shrimp, shelled
but with tails intact**

1/2 cup water

2 tablespoons margarine or butter

1/2 cup flour

Pinch cayenne pepper

1/2 teaspoon salt

1/2 teaspoon refined sugar

Cooking oil

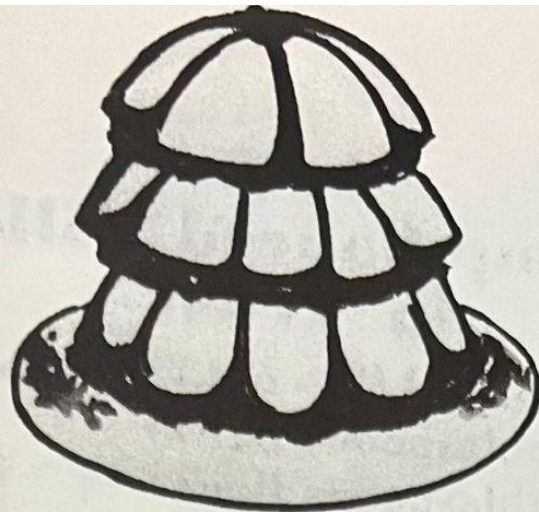
Remove heads and tails of shrimp. Remove black vein and cut deeply, but not all the way through, the back.

In small saucepan bring water and margarine or butter to a boil. Remove from heat.

Add flour all at once, stirring well till smooth. Add cayenne, salt and sugar.

Dip shrimp in mixture and fry, turning once, in 1-1/2 inch of cooking oil until golden brown. Drain on paper towels. Serve at once with favorite dips. Or you may fry the shrimp in advance; reheat in 400 F. oven 3 to 5 minutes.

Makes about 20 shrimp puff fritters.



Shrimp Salad in Tomato Towers

- 1 pound shrimp, fresh or frozen**
- 3 hard-cooked eggs, chopped**
- Salt and pepper to taste**
- 1/4 cup diced green pepper**
- 1/3 cup cooked salad dressing**
- 6 large tomatoes**
- Salad greens**

Cook shrimp in boiling salted water to cover for 3 to 5 minutes or until shrimp are bright pink. Remove shells and devein shrimp; chill.

Dice shrimp, reserving six whole shrimps for garnishing. Combine chopped shrimp with hard-cooked eggs, salt, pepper and green pepper. Toss with salad dressing.

Peel tomatoes, if desired, and cut crosswise into three slices. Sprinkle cut edges with salt. On a bed of salad greens, reassemble each tomato, stem end down, spooning shrimp salad mixture between slices as you stack. Top each tomato tower with a whole shrimp pegged with a toothpick.

Serves 6.

Shrimp-Sauced Fillets in Crust

- 1 can (4 1/2 – ozs.) shrimp**
- 2 tablespoons butter**
- 2 tablespoons flour**
- 1 can cream of mushroom soup,
undiluted**
- 2 tablespoons dry white wine or 2
teaspoons lemon juice**
- 1 tablespoon minced fresh parsley**
- 1 pound fish fillets fresh or frozen**
- Dough for double-crust pie or 2
packages pie-crust mix**
- Sliced almonds**

Drain shrimp. Melt butter in a saucepan; blend in flour and mushroom soup and cook until mixture bubbles. Stir in wine or lemon juice, parsley and shrimp. Set aside.

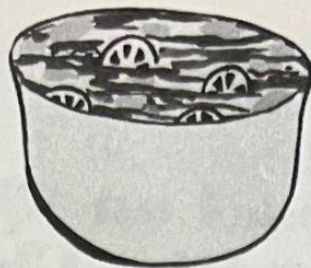
Form six individual fillets. Divide dough into six portions; roll each portion large enough for top and bottom crusts for each fillet.

Arrange fillets on dough and form "fish" including head and tail. Spoon sauce over each fillet. Seal crusts all around.

Brush tops with beaten egg white and decorate with sliced almonds to suggest fish scales. Stuffed olive slices make effective eyes.

Bake in preheated 350 – degree oven 40-45 minutes.

Serves 4.



Fresh Vegetable Creole

- 4 cups fresh beans, cut into 2-inch pieces**
- 1/4 cup coarsely chopped onion**
- 3 tablespoons diced green pepper**
- 2 tablespoons butter or margarine**
- 2 cups fresh tomatoes, peeled and quartered**
- 1 teaspoon salt**
- 1/8 teaspoon ground black pepper**
- 1/2 cup crumbled soda crackers**
- 1/2 cup grated sharp Cheddar cheese**

In saucepan with 1-inch of boiling water, cook beans 5 minutes uncovered, then reduce heat and cook covered until beans are crisp-tender. Drain.

In small skillet, saute onion and green pepper in butter or margarine about 5 minutes. Into a 1 1/2 quart casserole combine beans, tomatoes, salt, ground black pepper and onion mixture. Toss lightly. Top with crumbled crackers. Sprinkle with cheese.

Bake covered, in a preheated moderate oven (350 degrees) about 15 minutes. Continue baking, uncovered, another 15 minutes, or until thoroughly heated and cheese is melted and lightly browned.

Serves 6.

Frijoles Con Queso (Beans with Cheese)

- 3 slices bacon**
- 1 cup chopped green pepper**
- 1/2 cup minced onion**
- 1-1/2 teaspoons whole oregano leaves**
- 1 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 4-1/2 teaspoons chili powder**
- 1 tablespoon dried parsley flakes**
- 1 cup canned tomatoes**
- 1/2 cup tomato sauce**
- 2 cups (1-pound can) red kidney beans**
- 1/4 pound shredded sharp Cheddar cheese**
- 3 cups hot cooked rice**

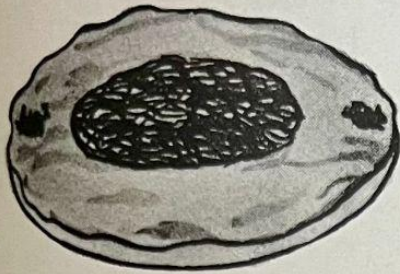
Fry bacon crisp, drain, crumble and set aside. Saute green pepper in bacon fat until limp. Add minced onion and seasonings. Heat, stirring constantly. Add tomatoes, tomato sauce and 1 cup of kidney beans.

Mash the remaining 1 cup kidney beans and add.

Cook slowly 15 minutes or until the sauce has thickened. Blend in cheese. Stir until melted. Serve hot with rice.

Serves 6.

Vegetable Hamburgers



- 1 lb. ground beef chuck
- 1/2 cup fine dry bread crumbs
- 1 egg, beaten
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon chopped parsley
- 1/3 cup chopped green peppers
- 2/3 cup finely chopped onion
- 3/4 cup finely chopped fresh tomatoes

Combine ingredients. Shape into 6 patties and brown as desired on both sides in a skillet over direct heat or in the broiler with oven control set to broil. Serve with mashed potatoes or in hamburger buns.

Serves 6.

Garden Gazpacho

- 1 can (10-1/2 ounces) condensed beef broth
- 2 tablespoons chopped cucumber
- 1 tablespoon minced celery
- 1 tablespoon sliced green onions
- 1/4 cup chopped fresh tomato
- 2 drops tabasco

Thin green pepper rings

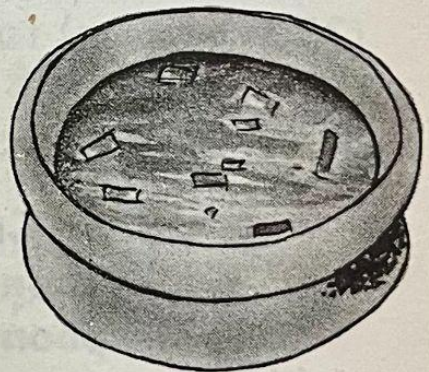
Keep can of soup in refrigerator 3 to 4 hours.

Combine vegetables; chill thoroughly.

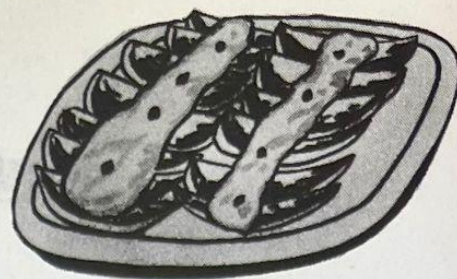
Open soup and mix with vegetables; add tabasco.

Serve in chilled bowls. Garnish each serving with a thin green pepper ring.

Serves 2 to 3.



Oven Baked Potato Wedges



- 10 medium (1 kilo) long, white potatoes peeled
- 1-1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon thyme leaves
- 1/3 cup butter, melted
- Sour Cream Sauce**

Cut potatoes lengthwise into quarters. Toss with salt and black pepper. In small skillet melt butter. Stir in thyme. Warm over low heat for 1 minute.

In the 10 x 6 x 1 1/2-inch baking dish, arrange one-half of potatoes in one layer; coat with one-half of thyme butter. Repeat with second layer of potatoes and brush with remaining butter.

Bake in preheated moderate oven (350 degrees) for one hour and 20 minutes.

Serve with Sour Cream Sauce.

Sour Cream Sauce

- 1 tablespoon butter, melted
- 1 tablespoon flour
- 1/4 cup water
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 3/4 cup sour cream
- 2 tablespoons chopped green onion

Prepare Sour Cream Sauce by heating butter in a small saucepan. Stir in flour. Blend in water, salt and pepper. Stir over low heat until mixture reaches boiling point. Stir in sour cream; cook until thickened, stirring. Add green onion.

Serves 8.

Fresh Corn Casserole

Cut kernels from 12 ears of fresh corn. Add 2 tablespoons milk and cook over very low heat for 5 to 7 minutes, stirring constantly.

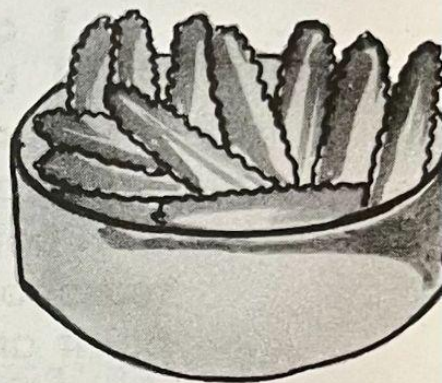
Saute 1 chopped large onion, 1 minced clove of garlic, 6 chopped ribs of celery and 1/4 cup chopped green pepper until just soft (5 to 7 minutes) in 2 tablespoons of butter or margarine.

Mix the corn and onion mixture together. Add 1/2 teaspoon salt and 1/8 teaspoon ground black pepper.

Cut 4 large tomatoes into thick slices, arrange a layer of tomatoes in a greased 1 quart casserole and top with part of the corn mixture. Repeat until casserole is filled, ending with a layer of tomatoes.

Top with 1/4 cup dry bread crumbs mixed with 3 tablespoons melted butter or margarine. Bake in a moderate oven (350 degrees F.) for 30 minutes. Serve hot.

Serves 6.



Stuffed Cabbage

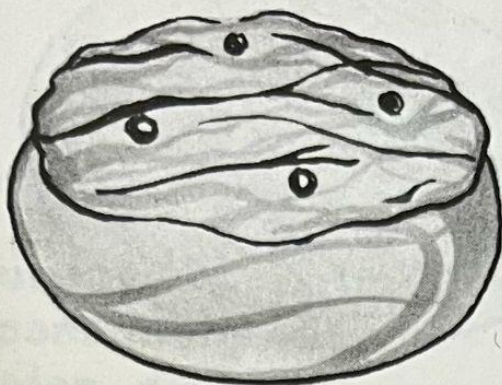
Russian Style

- 12 leaves from medium size head cabbage**
- Boiling water to cover**
- 1/2 teaspoon salt**
- 1 lb. ground lean beef**
- 1/4 cup diced fresh onion**
- 3 tablespoons butter or margarine**
- 1-1/2 teaspoons salt**
- 1/16 teaspoon ground black pepper**
- 1 large egg**
- 1 cup boiling water**
- 1 tablespoon flour**
- 1/4 cup sour cream**

Place cabbage leaves in a saucepan with boiling water to cover and the 1/2 teaspoon salt. Cover, bring to boiling point and boil until limp, about 5 minutes. Remove from water and drain. In the meantime, brown meat and onion in 1 tablespoon butter or margarine. Add salt, black pepper and egg. Mix well. Lay cabbage leaves flat on a board. Fill with meat mixture. Roll up.

Hold ends of leaves in place with toothpicks. Place in a deep 9 or 10 inch skillet. Pour in the 1 cup boiling water. Cover and cook 5 minutes or until cabbage leaves are tender. Melt remaining 2 tablespoons butter or margarine. Stir flour. Drain water from cabbage rolls and add to flour and butter mixture. Stir and cook until mixture thickens. Add sour cream. Season to taste with salt and black pepper. Serve over stuffed cabbage.

Serves 6.



Cottage Cheese Stuffed Onions

- 6 large onions**
- 1-1/2 cups (3/4 lb.) cottage cheese**
- 1/3 cup chopped green pepper**
- 1 egg, well-beaten**
- 1/3 cup grated Parmesan cheese**
- Salt and paprika**
- 1/4 cup cornflake crumbs**
- 3 tablespoons butter or margarine**

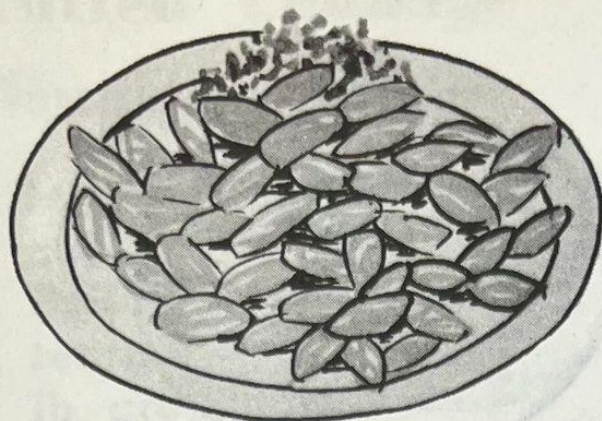
Peel onions. Cook in water to cover until onions are firm but tender. Drain and cool.

With a sharp knife cut out the centers of the onions leaving a shell about 1/2 inch thick.

Chop enough of the onion centers to make 1 1/2 cups. Stir in cottage cheese, green pepper, egg and Parmesan cheese. Add salt and paprika to taste.

Spoon mixture into onion shells. Put onions into a shallow pan. Sprinkle tops with cornflake crumbs. Dot tops with pieces of butter. Bake in a preheated moderate oven (350 degrees) for 25 to 30 minutes or until onions are hot and lightly browned.

Serves 6.



Carrot, Mushroom Saute

- 3 cups fresh carrots, cut into
1-inch diagonal pieces**
- 1 inch boiling water**
- 1/2 teaspoon salt**
- 1/2 teaspoon sugar**
- 1-1/2 cups sliced fresh mushrooms**
- 2 tablespoons finely chopped
onion**
- 1/4 cup butter or margarine**
- 2 teaspoons fresh calamansi juice**
- 1/2 teaspoon salt**
- 1/8 teaspoon ground black pepper**
- Fresh parsley**

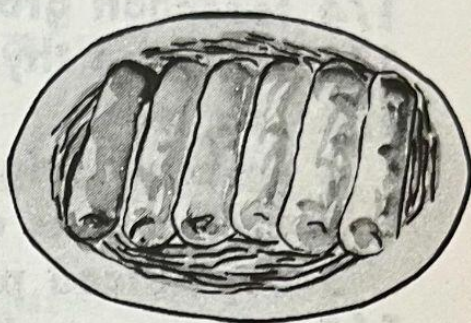
Place carrots in a saucepan with 1-inch boiling water, 1/2 teaspoon salt and 1/2 teaspoon sugar. Cover and cook until crisp-tender, about 20 minutes. Drain if necessary and keep warm.

Saute mushrooms and onion in butter or margarine and calamansi juice until mushrooms are tender about 10 minutes. Mix lightly with carrots, the remaining 1/2 teaspoon salt and black pepper.

Serve hot garnished with parsley.
Serves 6.

Cabbage Rolls

- 6 large outside cabbage leaves**
- 3 tablespoons margarine**
- 1 small onion, diced**
- 1/2 kilo chopped meat**
- 1/2 cup rice, partially cooked**
- 1 teaspoon salt**
- 1/2 teaspoon pepper**
- 1 teaspoon paprika**
- 1 egg, slightly beaten**
- 1 pound sauerkraut**
- 1 pound pork neck or back bones**



Pour boiling water over cabbage leaves to soften. Melt margarine and saute onion until soft. Add chopped meat and brown lightly, scrambling with fork. Add rice, salt, pepper, paprika. Cool.

Mix in egg. Place a mound of meat mixture in center of each cabbage leaf and roll up securely; fasten with tooth-picks.

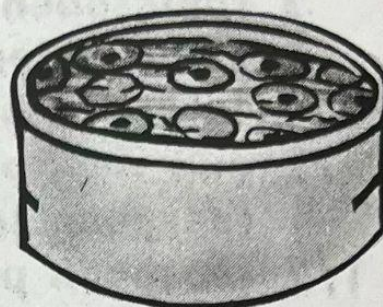
Place sauerkraut in deep kettle with a tight lid. Cover with water and add salt, pepper and pork bones. Steam for 30 minutes, tightly covered.

Remove bones and place cabbage rolls on top of sauerkraut; cover tightly and steam 4 minutes.

Serves 6.

Garlic Soup (Sopa de Ajo)

- 1 head of garlic, separated into cloves (about 16 cloves)**
- 1 quart boiling water**
- 2 quarts chicken bouillon or stock**
- 2 whole cloves**
- 1/4 teaspoon ground sage**
- 1/4 teaspoon thyme leaves**
- 1/2 bay leaf**
- 4 parsley sprigs**
- 3 tablespoons olive oil**
- 3 cups diced potatoes**
- 1/4 teaspoon saffron**
- 1/4 teaspoon coarsely ground black pepper**
- 3/4 cup sliced pimento-stuffed olives (optional)**
- Rounds of hard-toasted French bread**

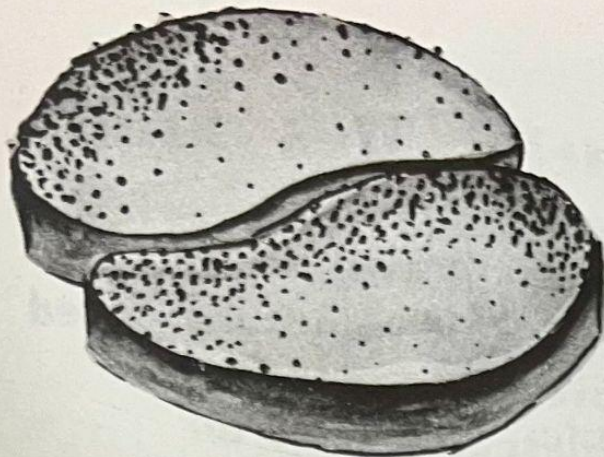


Drop unpeeled cloves of garlic into saucepan containing boiling water. Boil 1 to 2 minutes; drain and run cold water over garlic; peel.

In same saucepan, combine garlic chicken bouillon, cloves, herbs and olive oil; bring to a boil and simmer, covered, 30 minutes.

Strain soup and return to saucepan with potatoes, saffron and pepper. Bring to a boil and simmer, covered 20 minutes or until potatoes are tender. Add olives and heat to serving temperature. Serve topped with French bread.

Makes about 2 quarts.



Curried Stuffed Eggplants

- 1 or 2 large eggplants weighing about $\frac{1}{2}$ kilo**
- 1 cup chopped onions**
- 1 cup chopped fresh mushrooms**
- $1\frac{1}{4}$ teaspoons curry powder**
- 2 tablespoons butter or margarine**
- 1 cup ground cooked pork.**
- $\frac{1}{2}$ cup fine dry bread crumbs**
- $\frac{1}{4}$ teaspoon ground black pepper**
- 1 teaspoon salt**

Toasted sesame seed for garnish

Fresh parsley for garnish

Wrap eggplant in foil and bake or broil until partially done. Cut in half and remove pulp to within $\frac{1}{2}$ inch of the skin, being careful not to cut skin. Chop pulp.

Saute onions, mushrooms and curry powder 2 to 3 minutes in butter or margarine. Add eggplant pulp, pork, bread-crumbs and seasonings. Mix well.

Spoon mixture into eggplant shell. Place in a close-fitting baking dish. Bake in preheated moderate oven (350 degrees F.) 35 minutes or until browned

Garnish with toasted sesame seed and parsley.

Serves 4

Gaspacho Mas Fino

- 4 slices bread**
- 2 cups cold water**
- 5 large, ripe tomatoes, diced**
- 1 clove garlic, mashed**
- 3 tablespoons olive oil**
- 1/2 cup finely diced fresh green pepper**
- 1/2 cup finely diced cucumber**
- 2 tablespoons fresh lemon juice**
- 4 teaspoons salt**
- 1/8 teaspoon ground black pepper**

Soak bread in cold water 30 minutes. Add tomatoes, garlic and oil. Let stand 2 to 3 hours.

Mash and put through sieve or blender. Add green pepper, cucumber, lemon juice, salt and black pepper. Serve very cold with crackers.

Serves 7.

Pan-Fried Tomatoes

- 6 medium tomatoes**
- Prepared yellow mustard**
- 2 tablespoons butter or margarine**
- 1 tablespoon chopped parsley**

Wash tomatoes; cut out stem ends, then halve crosswise. Spread out surface with mustard.

Melt butter in skillet. Place tomato halves, cut side down, in butter. Cook over moderate heat long enough for tomatoes to heat through, but still keep their shape (about 6 or 8 minutes). Serve cut side up. Sprinkle surface with parsley.

Serve 6.



Salmagundi

Cut fresh corn from the cob, peel fresh tomatoes, squeeze out the seeds discard; then chop.

Peel and dice small eggplant, remove seeds and dice green pepper and chop onion. Combine all these vegetables on a large piece of heavy duty aluminum wrap, allowing about equal amounts of corn, eggplant and tomato; less of green pepper and onion

Dot with butter and sprinkle with salt, pepper, garlic, and a little chopped parsley. Seal the foil and cook for 30 minutes, shaking the package occasionally.

Toasted Tomatoes

6 large tomatoes

Salt

Oregano

Pepper

Flour

Butter

1 cup dairy sour cream

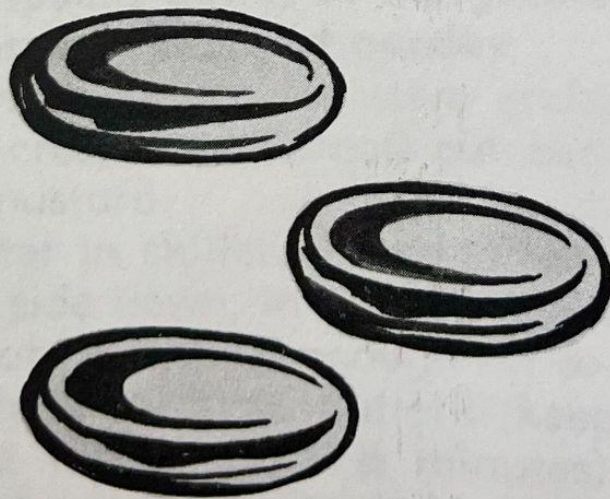
**1/4 cup crumbled blue cheese (about
1 1/4 ounces), room temperature**

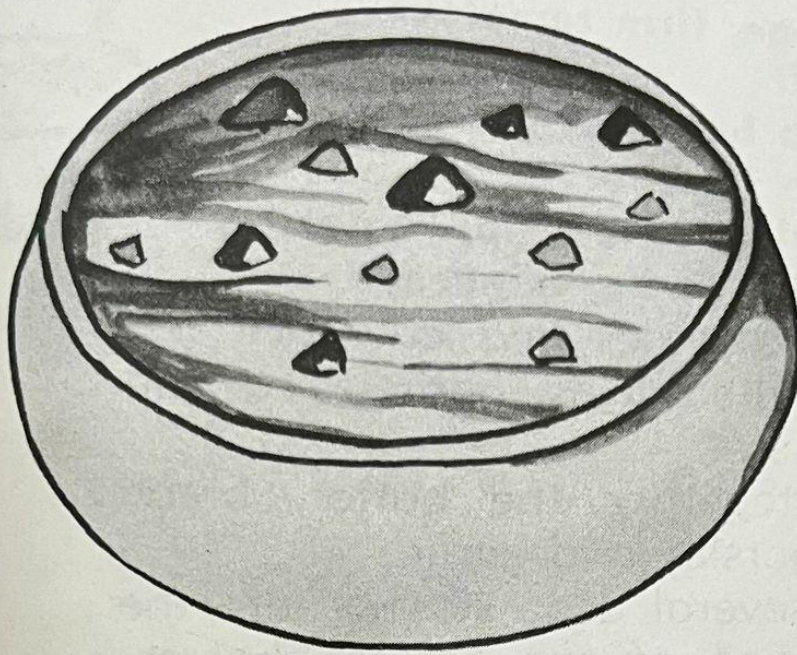
Slice tomatoes into 3/4 inch round slices. Sprinkle seasoning on each side. Dredge each slice in flour.

Heat butter until bubbly. Fry tomatoes until golden brown. (Keep warm in oven until all are cooked). Mix sour cream and blue cheese together. Top hot tomatoes with sour cream-blue cheese mixture.

Serve immediately.

Serves 6 to 8.





Vegetable Chicken Chowder

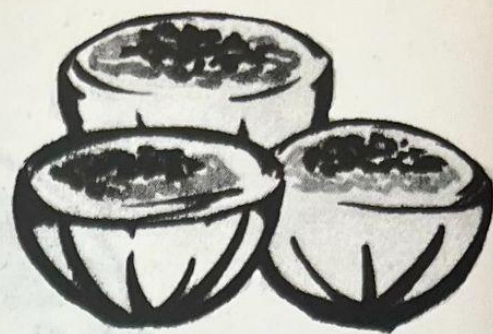
- 1 large onion, chopped**
- 2 tablespoons margarine**
- 1 can (10-3/4 ounces) condensed cream of vegetable soup**
- 1-1/2 soup-cans water**
- 1 can (10-1/2 ounces) condensed chicken noodle soup**
- 1 cup diced cooked chicken**
- 1 tablespoon chopped parsley**

In saucepan, cook onion in margarine until tender. Blend in cream of vegetable soup and water. Add remaining ingredients. Heat, but do not boil. Stir now and then. Serve hot.

Serves 4.

Tomatoes Provencale

- 6 large, firm tomatoes**
- Salt**
- 1/4 cup butter or margarine**
- 1 cup fresh bread crumbs**
- 3 tablespoons chopped parsley**
- 1 clove garlic, minced**



Wash tomatoes and cut each one crosswise into halves. Sprinkle cut surface with salt.

Blend together the butter, bread crumbs, parsley and garlic.

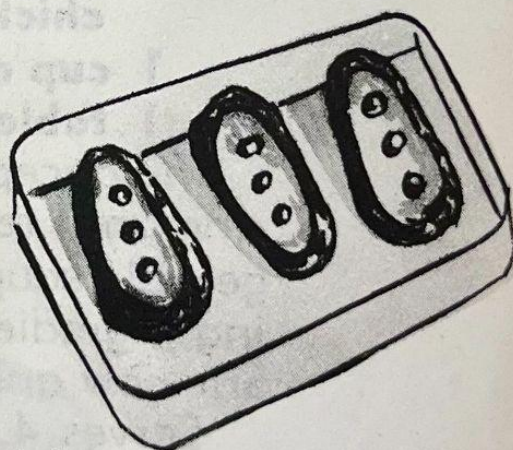
Make several deep slashes into the center part of the tomato halves. Spread the bread crumb mixture over the cut surface of the tomatoes, pressing it gently into the slashes.

Place tomato halves in a shallow baking dish and bake in a moderate oven (375 F.) for 20 to 30 minutes, or broil slowly, without turning, 15 minutes, or until lightly browned on top.

Serves 6.

Camote Boats

- 4 camotes**
- Salad oil**
- 1 cup grapes**
- 2 tablespoons chopped green pepper**
- 1-1/2 cups cooked ham, cut into strips**
- 2 tablespoons butter or margarine**
- Milk**
- Salt to taste**



Wash and dry camotes; grease with oil and bake in 400 degrees (hot) oven about 40 minutes, until done.

Cut grapes in half; seed.

Saute green peper and ham in butter until lightly browned.

Scoop out and mash camotes, saving shells; combine with ham mixture and a little milk to moisten. Add salt if needed and grapes, saving a few to garnish. Fill camote shells with mixture.

Return to oven to heat through and brown lightly. Serve with a garnish of grapes.

Serves 4.

Olive Con Queso

1/2 cup chopped onion

1/2 cup chopped green pepper

1/2 cup butter

1 minced clove garlic

1/4 cup cornstarch

1 (1-pound) can tomatoes

1 teaspoon salt

1/2 teaspoon mixed herbs

3/4 teaspoon liquid red pepper seasoning

1 pound grated mild Cheddar cheese

1 (No. 1) tall can pitted ripe olives

Saute onion and green pepper in butter until soft. Add garlic and cook a minute longer. Blend in cornstarch. Add tomatoes, salt, herbs and red pepper seasoning. Cook, stirring until mixture boils and thickens. Add cheese and stir over low heat until melted. Add ripe olives, cut into chunks.

Serve hot.

Corn chips, tortillas, etc., make good dippers.

About 4 1/2 cups.



Fresh Corn with Okra and Green Pepper

Saute 2 medium green peppers, $\frac{1}{2}$ cup diced fresh onions in $\frac{1}{4}$ cup butter or margarine 2 to 3 minutes.

Add 1- $\frac{1}{2}$ cups fresh corn, cut from the cob 1- $\frac{1}{2}$ cups fresh okra, $\frac{2}{3}$ cup boiling water, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon ground black pepper.

Cover and cook 5 minutes or until corn and okra are tender, stirring occasionally to prevent scorching. If desired, add 1 to 2 tablespoons cream.

Serves 6.

Fresh Vegetable Salad

- 1 cup cooked Baguio beans
cut in 1-inch lengths**
- 1 cup cubed sinkamas**
- 1/2 cup sliced onion**
- 1 cup sliced celery**
- 2 medium-size tomatoes,
cut in eights**
- 1 sweet pepper, sliced thin
crosswise**

- 1/4 cup French dressing**
- Baguio lettuce**

Cottage cheese salad dressing

Combine beans, sinkamas, onion, pepper and French dressing. Let stand at least 1 hour. Add celery and tomatoes and mix lightly. Serve with cottage cheese salad dressing on lettuce.

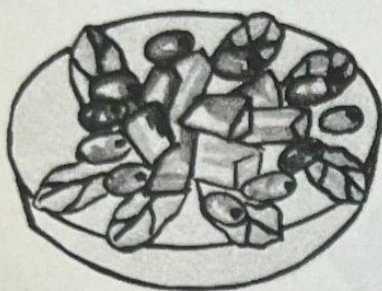
Cottage Cheese Salad Dressing:

- 1 cup creamy cottage cheese**
- 1 tablespoon calamansi juice**
- 1/4 cup finely diced fresh tomatoes**
- 1/2 teaspoon sugar**
- 1/2 teaspoon paprika**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground pepper.**

Combine all ingredients in a small gravy boat that has been rubbed with a clove of garlic.

Serves 6.

Green Salad Bowl with Tuna



- 1 Package (10 ounces) frozen baby lima beans**
- 1 package (9 ounces) frozen French-style green beans**
- 1 package (9 ounces) frozen artichoke hearts**
- 1 bottle (8 ounces) French dressing**
- 1/2 package (100 ounces) fresh spinach (about 6 cups, loosely packed)**
- 1 medium head lettuce**
- 3 cans (6-1/2 to 7 ounces each) chunk-style tuna drained**
- 3 green onions chopped, including tops**
- 3 ounces Roquefort or Blue cheese, crumbled**

Cook limas, green beans and artichokes according to package directions; drain, chill and marinate in dressing.

Wash, drain and refrigerate lettuce and spinach in plastic bags.

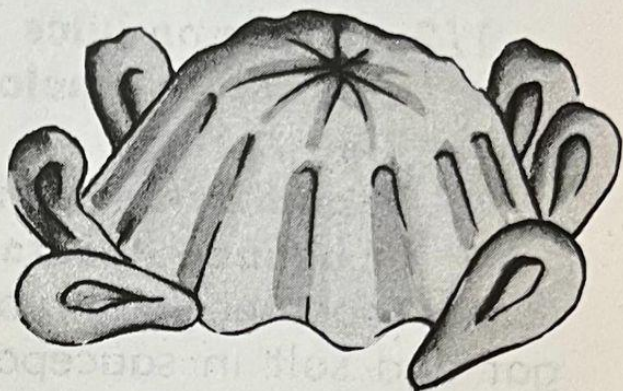
At serving time, line bowl with lettuce; tear remainder into bowl. Tear spinach into bowl. Add tuna, onions, cheese and marinated vegetables; toss.

Serve with additional dressing if desired.

Serves 8.

Pearadise Salad

- 1 can (1-pound 14-ounce)**
Bartlett pear halves
- 1 can (8-1/2-ounce)**
crushed pineapple
- 2 tablespoons (envelopes)**
unflavored gelatin
- 1/4 cup calamansi juice**
- 1/4 cup water**
- 2 tablespoons sugar**
- 1/8 teaspoon salt**
- 1 cup dairy sour cream**
- 1/4 cup creme de menthe**
(if desired)
- 1/2 cup toasted slivered casuy or**
pili nuts.



Drain pear halves, reserving syrup. Reserve 6 pear halves; dice remaining pear halves. Drain pineapple reserving syrup.

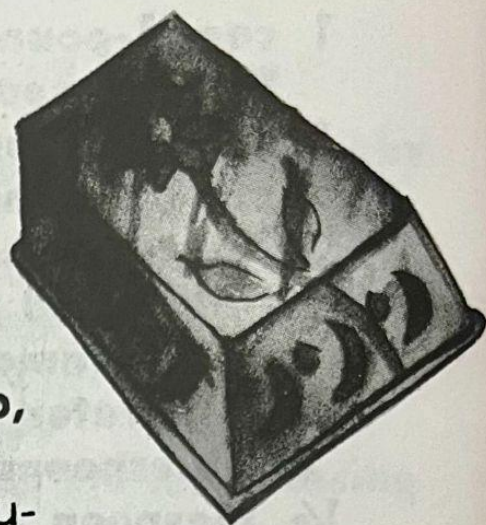
Soften gelatin in pineapple syrup. Heat pear syrup; stir in softened gelatin, calamansi juice and water, sugar and salt. Let cool. Mix in sour cream, and cream de menthe, if desired. Chill until it begins to thicken. Fold in diced pears, pineapple and nuts. Pour into oiled 1-quart mold. Chill until firm.

Unmold on salad plate; garnish with fresh mint (hierba buena), remaining pear halves and grape-clusters.

Serves 6.

Designer Salad

- 2 envelopes unflavored gelatin**
or enough gulaman for 3 cups
water
- 2/3 cup sugar**
- 1/4 teaspoon salt**
- 3 cups water divided**
- 1/2 cup lemon juice**
- Cantaloupe (melon)**
- Ripe Mango**
- Baguio Strawberries, ripe chico,**
or banana (lacatan)



Mix together gelatin or gulaman, sugar and salt in saucepan. Stir in half of the water and place over low heat, stirring constantly, until gelatin or gulaman and sugar are dissolved. Remove from heat. Stir in remaining water and lemon juice.

Set 6-cup loaf pan in container with ice cubes and water. Coat sides of chilled pan with gelatin mixture. Pour additional gelatin mixture 1/2-inch deep in bottom of pan. Chill until almost firm.

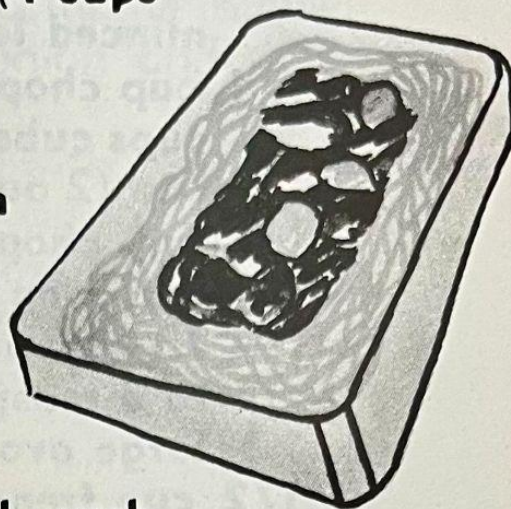
Place thinly sliced melon, mango, strawberries, chico or banana (using about 3 cups fresh fruits altogether) to form floral designs around sides and bottom of pan. Gently spoon additional gelatin mixture over bottom floral design to cover. Chill remaining gelatin mixture until consistency of unbeaten egg white. Fold in with the rest of 3 cups fresh fruits. Chill until firm.

Unmold. Serve with favorite whipped cream dressing.

Serves 8.

German-Style Hot Macaroni Salad

- 7 or 8 oz. elbow macaroni (4 cups cooked)**
- 1/8 teaspoon garlic powder**
- 1/2 cup diced bacon**
- 1/2 cup chopped green onion**
- 1 tablespoon sugar**
- 2 teaspoons flour**
- 1/2 teaspoon celery salt**
- 1/8 teaspoon pepper**
- 1/4 cup vinegar**
- 1 can (6 oz.) sliced broiled mushrooms**
- 1/2 cup sliced radishes**
- 2 tablespoons chopped parsley**



Cook macaroni in boiling salted water according to package directions but add one-eighth teaspoon garlic powder. Drain and keep warm.

Meanwhile, in a skillet, cook bacon until crisp. Add onion and cook until just tender and still bright green. Combine sugar, flour, celery salt and pepper and stir mixture into ingredients in skillet. Add vinegar and broth from mushrooms. Cook, stirring constantly, until thickened.

Add mushrooms and heat. Pour hot dressing over warm macaroni. Toss lightly and garnish with sliced radishes and parsley.

NOTE: Serve with grilled frankfurters which have been scored in a spiral and then brushed with Worcestershire sauce before cooking.

Serves 6.

Avocado Potato Salad

- 4 slices crisp bacon, crumbled**
- 1 cup sliced celery (and a few minced leaves)**
- 1/4 cup chopped onion**
- 3 cups cubed cooked potatoes**
- 1 can (2 ounces) sliced pimiento**
- 1/2 cup chopped cucumber**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 to 3 teaspoons vinegar**
- 1 large avocado**
- 1/2 cup french dressing**

Combine all ingredients except avocado and dressing.

Cut avocado lengthwise into halves; remove seed and skin. Slice enough avocado for garnish; dip into dressing, then drain.

Cube remaining avocado; add to salad with remaining dressing. Toss lightly.

Garnish with avocado slices.

Chill and serve.

Serve 6 to 8.

Fruit Cocktail

Macaroni Salad

- 1 can (1 lb. 14 oz.) fruit cocktail**
- 3 cups cooked spaghetti rings, or small macaroni shells**
- 1/4 cup chopped green onion**
- 1/3 cup dry roasted casuy**
- 1/2 cup mayonnaise**
- 1 teaspoon curry powder**

1 tablespoon lemon juice

1/2 teaspoon sugar

1/2 teaspoon salt

Drain fruit cocktail; combine in bowl with spaghetti rings, onion and nuts. Toss gently to mix.

Combine mayonnaise with curry powder, lemon juice, sugar and salt. Pour over fruit mixture and toss.

Serve with grilled chops.

Serves 6.

Ensalada A La Valenciana

2 oranges cut in sections

2 small white onions, sliced paper-thin

1 sweet red pepper, cut in strips

1/4 cup Spanish olive oil

2 tablespoons salad vinegar

1/2 teaspoon salt

1/4 teaspoon black pepper

2 cups Baguio lettuce

Carefully cut orange sections so that no white membrane remains. Combine with sliced onion, red pepper, olive oil, vinegar, salt and pepper. Marinate at least 1 hour.

Meantime, wash lettuce leaves, dry thoroughly, chill until crisp in vegetable freshener of refrigerator.

Just before serving add torn lettuce to orange-onion mixture, toss deftly.

Serves 4.

Chicken Salad

- 1-1/2 cups mayonnaise**
- 1/4 cup calamansi juice**
- 2 tablespoons soy sauce**
- 7 cups diced cooked chicken**
- 1 can (20-1/2-ounces) pineapple tidbits, drained**
- 1-1/2 cups diced celery**
- 1 cup toasted slivered almonds, toasted pili nuts or casuy**



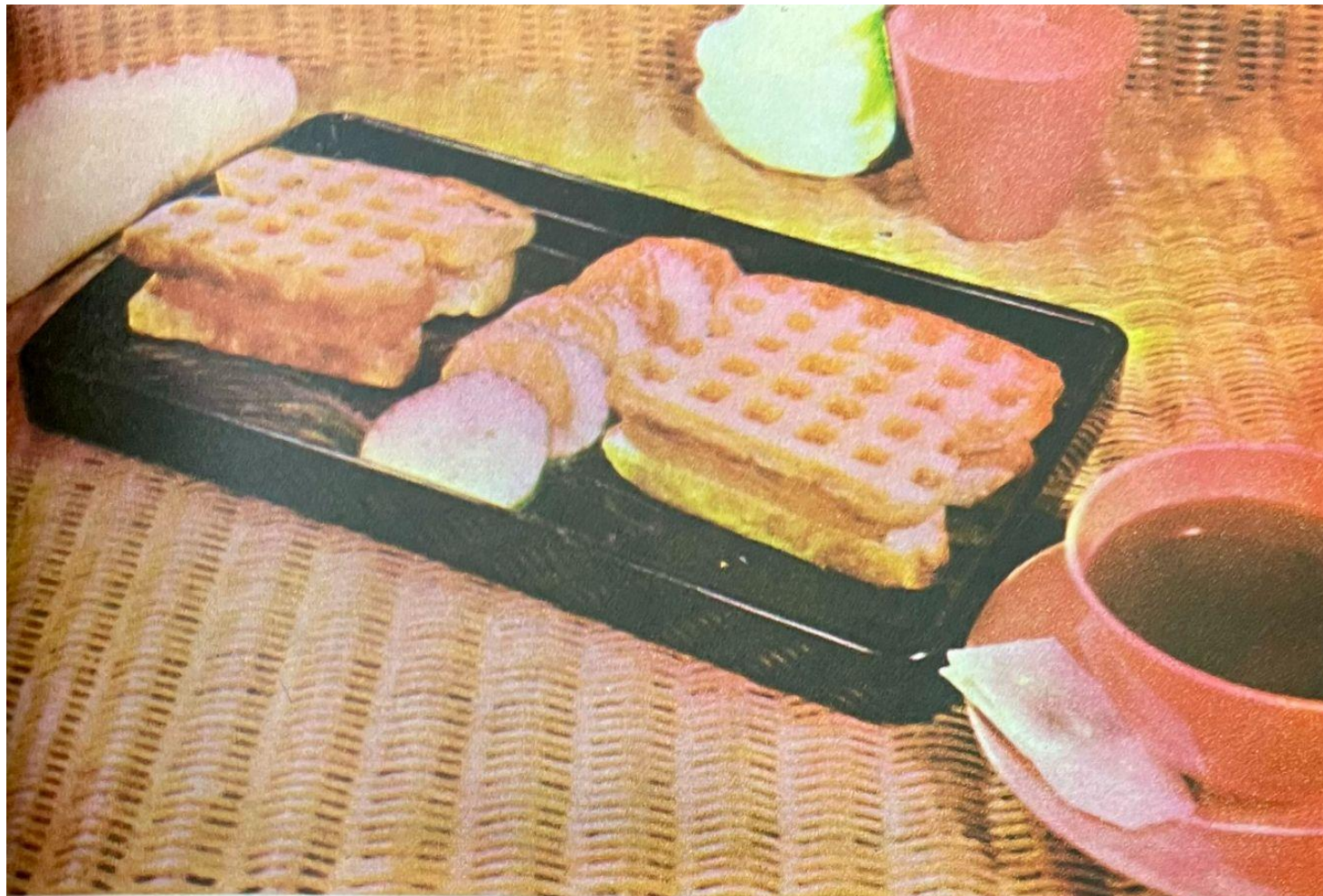
Combine mayonnaise, calamansi juice and soy sauce. Combine with chicken, pineapple, celery and almonds, pili or casuy. Toss lightly. Chill.

To serve, pile on salad greens in salad bowl. Garnish with additional mayonnaise and sprinkle with additional toasted slivered almonds, pili or casuy.

Serves 16.

Kraut-Frankfurter And Potato Salad

- 3 slices bacon**
- Salad oil**
- 1/4 cup vinegar**
- 1-1/2 teaspoons onion salt**
- 1/2 teaspoon pepper**
- 1/4 teaspoon sugar**
- 3 cups diced cooked potatoes**
- 6 frankfurters**
- 2 cups sauerkraut**
- 1 medium-sized green pepper, sliced**
- Paprika**



Toasted Waffle Sandwich



Frankfurter Wheels



Butter-Rich Dinner Rolls



Summer Sandwich



Pizza



Peanut Butter Jam and Tuna Sandwich

Cook bacon over low heat until crisp; reserve dripping. Drain bacon on absorbent paper and crumble. Add enough oil to reserved bacon drippings to make 1/2 cup. Combine oil mixture, vinegar, onion salt, pepper, sugar and bacon; stir well. Pour oil mixture over potatoes; let stand 10 minutes.

Cut frankfurters into 1-inch pieces. Combine undrained kraut and frankfurters. Cover and cook over medium heat, stirring occasionally, 5 minutes. Stir in green pepper. Turn into serving dish. Sprinkle with paprika. Arrange potatoes around kraut mixture.

Serves 6.

Fresh Tangerine Ambrosia

- 8 large tangerines**
- 3 tablespoons fresh lemon juice**
- 1/2 cup granulated sugar**
- 1 cup water**
- 1/2 teaspoon almond extract**
- 1/2 teaspoon pure vanilla extract**
- 2/3 cup fresh shredded coconut**

Remove skins from tangerines, being sure to peel off the white clinging membrane. Section fruit and remove seeds.

Combine next three ingredients. Bring to a boil and boil 1 minute. Add tangerines, almond and vanilla. Chill. Arrange in a serving dish with alternate layers of shredded coconut.

Serves 8.

Cottage Cheese Aspic



- 2 packages lemon-flavored gelatin
- 1-1/2 cups hot water
- 2 8-ounce cans tomato sauce
- 2-1/2 tablespoons vinegar
- 1/2 teaspoon salt
- 1 pint cottage cheese
- 1 tablespoon chopped green onions
- 1/4 cup finely chopped celery

Dissolve gelatin in hot water; add tomato sauce, vinegar, and salt. Pour half of mixture in 1-1/2 quart mold. Chill until firm.

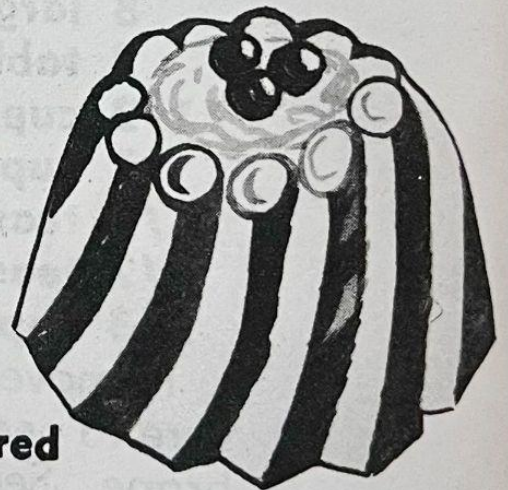
Add cottage cheese, green onions and celery to the remaining gelatin and chill until syrupy. Pour on top of molded mixture and chill until firm.

Unmold on crisp salad greens.
Serves 8.

Gabrielle's Cherry Salad

- 1 (1 lb.) can pitted dark sweet cherries
- 1 (1 lb.) can pitted light sweet cherries
- 2 large oranges
- 2 (3 oz.) packages cherry-flavored gelatin
- 2 cups hot apple juice
- 1/2 teaspoon ground ginger
- Dash salt
- Mint leaves for garnish

Drain cherries, reserving syrup. Peel and section oranges, working over bowl



to reserve juice. Combine cherry and orange juices to measure 1 3/4 cups liquid.

Dissolve gelatin in hot apple juice. Add ginger and salt, stir to blend. Stir in fruit juices and chill until slightly thickened.

Set aside a few cherries for garnish. Add remaining fruit to thickened gelatin. Pour into 2-quart mold. Chill until firm.

Unmold on plate and garnish with cherries and mint leaves.

As a dessert, serve plain or with a soft custard sauce.

Serves 8.

Crimson and Gold Cups

6 (canned) cling peach halves

Chilled lettuce

1/2 cup chopped celery

1/3 cup chili sauce

1 tablespoon lemon or calamansi juice

1 package (3 oz.) cream cheese

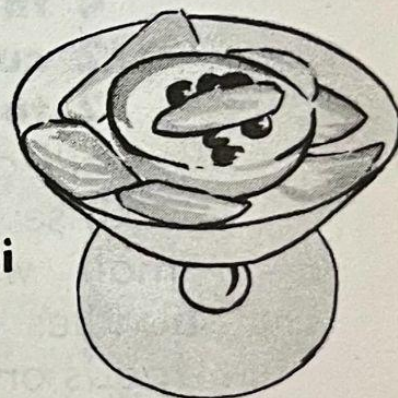
2 tablespoons milk or cream

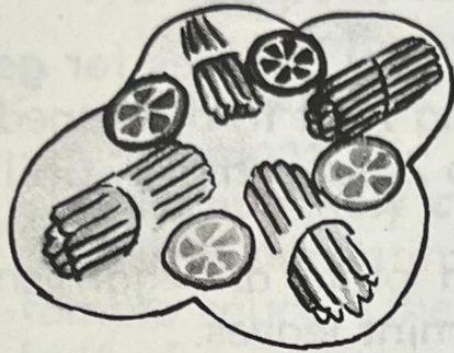
Drain peach halves, saving 1/4 cup syrup. Arrange peach halves, cut sides up, in lettuce-lined sherbet or cocktail glasses.

Combine peach syrup, celery, chili sauce and lemon or calamansi juice. Spoon over peaches.

Blend cheese and milk. Place dollop on top of each serving.

Serves 6.





Asparagus Salad

- 1 can asparagus**
- 1 small head lettuce**
- 1 orange, peeled and sliced**
- 4 thin strips orange rind**
- 1/2 cup mayonnaise**
- 2 tablespoons orange juice**

Chill can of asparagus.

Rinse and dry lettuce, then cut into small wedges. Arrange lettuce and bundles of chilled, well drained asparagus on a large flat plate or on individual salad plates. Add a strip of orange rind to each asparagus bundle and garnish with thin slices of orange.

Blend mayonnaise and orange juice and serve as dressing for salad.

Serves 4.

Julienne Beef Salad

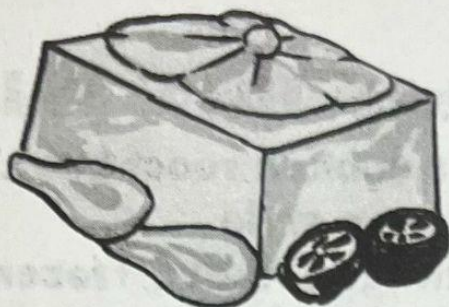
- 3 cups cooked roast beef, cut julienne-style**
- 1 package (10 oz.) frozen peas, cooked and drained**
- 1 cup sliced celery**
- 2 tablespoons capers**
- 1/2 cup diced Cheddar cheese, if desired**
- 1/2 cup salad oil**
- 2 tablespoons vinegar**
- 1 teaspoon prepared mustard**
- 3/4 teaspoon salt**
- 3 hard-cooked eggs**
- 1 tablespoon finely sliced green onion**
- Lettuce**
- 6 pitted, ripe olives**
- 6 2-inch long carrot strips**

Combine roast beef, peas, celery, capers and cheese. Chill.

Mix together oil, vinegar, mustard and salt. Chop eggs finely and add to oil-vinegar mixture. Add onion. Chill.

Just before servings toss meat mixture with vinegar-oil mixture. Spoon into individual lettuce-lined salad bowls or plates. Garnish with carrot strips inserted in ripe olives.

Serves 6.



Cuacamold Salad

- 2 envelopes unflavored gelatin**
- 1-1/4 cups water**
- 2 large ripe avocados peeled and
mashed (2 cups mashed)**
- 1 cup finely chopped celery**
- 1/4 cup finely chopped pepper**
- 1/4 cup finely chopped parsley**
- 2 tablespoons finely chopped
onion**
- 4 tablespoons lemon juice**
- 1 cup sour cream**
- 1 cup mayonnaise**
- 1-1/2 teaspoons salt**
- 1/4 teaspoon tabasco**

Sprinkle gelatin on water in saucepan. Place over low heat, stirring constantly until gelatin is dissolved, about 3 to 5 minutes. Cool, but do not allow to jell.

Combine remaining ingredients; mix well. Stir in gelatin. Turn into mold until firm. Unmold; if desired, garnish with sliced avocado and tomato.

Serve with cold broiled chicken pieces.

Serves 6.

Stuffed Avocados

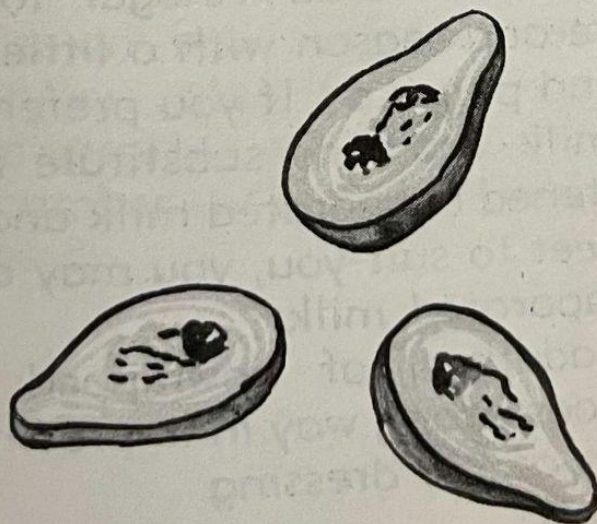
- 1 (1-pound) package frozen crab meat, thawed, drained and flaked (about 2 cups)
- 2 tomatoes, peeled, seeded and chopped
- 1 tablespoon cider or wine vinegar
- 1 tablespoon chopped parsley
- 2 teaspoons chopped green onion
- 1/4 teaspoon salt
- 1-1/2 cups real mayonnaise
- 2 tablespoons catsup
- 1 teaspoon Worcestershire sauce
- 3 avocados
- Baguio lettuce

Combine crab meat, chopped tomatoes, vinegar, parsley, onion and salt.

Blend mayonnaise, catsup and Worcestershire sauce. Add to crab mixture. Toss until well-mixed. Chill.

Cut avocados in halves lengthwise and twist slightly to pull apart. Remove seeds, but not skin. Fill with crab mixture. Serve immediately in lettuce cups.

Serves 6.





Spring Fruit Festival Salad

Baguio lettuce leaves

- 1 fresh pineapple, trimmed, quartered and cut into slices**
- 3 oranges, peeled and sliced**
- 4 bananas, peeled, sliced lengthwise, halved and brushed with lemon juice**
- 2 cups cantaloupe or melon balls**
- 1 pint strawberries, hulled and cut into halves**

Line a salad bowl with lettuce leaves. Arrange fruit decoratively in bowl. Chill until ready to serve.

Salad Dressing

If you like a sweetish dressing, blend sweetened evaporated milk with calamansi juice or salad vinegar to suit your taste and season with a little salt, pepper and paprika. If you prefer condensed milk you may substitute it for the sweetened evaporated milk and if it is too sweet to suit you, you may add a little evaporated milk.

The addition of unwhipped thick cream goes a long way in improving the goodness of the dressing.

Serves 8.

Sardine Potato Salad

- 1 (3-3/4-ounce) can sardines in olive oil**
- 8 medium-sized potatoes**
- 2 hard-cooked eggs**
- 3 celery stalks**
- 1 small head Baguio lettuce**
- 1 cucumber**
- 3 large sprigs parsley**
- Green onion**
- Dry mustard**
- 4 tablespoons olive oil**
- 2 tablespoons vinegar**
- Salt and pepper**

Cook potatoes and let cool. Cut the cooled potatoes in slices about 1/4-inch thick.

Finely chop celery stalks; 1 hard-cooked egg; fresh parsley sprigs, and green onion. Mix ingredients in a bowl.

Drain olive oil from sardines into a second bowl and add additional olive oil and 2 tablespoons vinegar. Season with pinch of dry mustard, salt, pepper to taste. Pour over salad, mix thoroughly.

Line salad bowl with lettuce leaves and transfer salad from mixing bowl. Arrange sardines with 1 quartered egg and cucumber slices over salad.

Serves 8.

Patio Potato Salad

- 2-1/2 lbs. potatoes**
- 1 cup cooked carrots, sliced**
- 1 cup sliced celery**
- 1-1/4 teaspoons salt**
- 1/4 teaspoon ground black pepper**
- 1/3 cup commercial French dressing**
- 1/3 cup mayonnaise**
- 1 tablespoon fresh lemon juice**
- 1 can (12 oz.) luncheon meat, cubed**
- 1 cup slivered sliced Swiss cheese**
- Crisp greens**
- Tomato wedges**

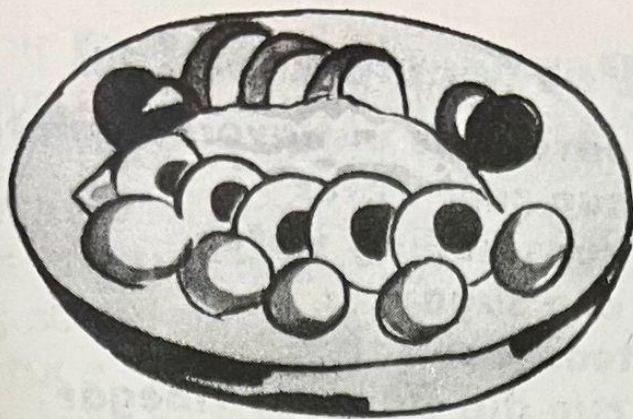
Cook potatoes in boiling salted water to cover until tender. Peel and dice. There should be 1 quart.

Place potatoes, carrots and celery in bowl; sprinkle with salt and black pepper.

Beat French dressing, mayonnaise and lemon juice until blended. Pour over potato mixture; toss lightly. Refrigerate several hours or overnight.

Before serving, add luncheon meat and cheese. Serve on crisp greens; garnish with tomato wedges.

Serves 6.



Fiesta Salad

- 1 small head lettuce**
- 1-1/2 to 2 teaspoons curry powder**
- 1/4 teaspoon sugar**
- 1 tablespoon lemon juice**
- 3/4 cup mayonnaise**
- 1/2 cup heavy cream, whipped**
- 1 can (1 pound, 4 ounces) baby beets or fresh cooked beets, cubed**
- 2 hard cooked eggs, sliced**
- 2 apples, cored and sliced**
- 1 celery heart, quartered**

Core lettuce; wash in cold water and drain well. Place in plastic bag or transparent plastic wrap; refrigerate.

Stir curry powder and sugar into lemon juice; stir in mayonnaise. Fold in whipped cream. Chill curry dressing while preparing salad.

Place 4 outer lettuce leaves as cups in salad plates. Shred the remaining lettuce and arrange in lettuce cups with beets, eggs, apples and celery. Serve salad with curry dressing.

Store remaining dressing in refrigerator.

Serves 4.

Perfection Salad

- 2 envelopes unflavored gelatine
- 1 cup cold water
- 1-1/2 cups boiling water
- 1/3 cup sugar
- 1 teaspoon salt
- 1/2 cup dill flavored vinegar
- 2 tablespoons lemon juice
- 1/4 cup chopped green pepper
- 1/4 cup chopped canned pimiento
- 1-1/2 cups shredded cabbage
- 1/2 cup diced celery
- 1/2 cup chopped cucumber

Soften gelatine in cold water. Stir into boiling water. Add sugar, salt, vinegar and lemon juice. Stir until gelatine is dissolved.

Cool until slightly thickened.

Add the chopped pepper, pimiento, cabbage, celery and cucumber, and mix well. Pour into eight 1/2-cup individual molds or an 8-inch square pan. Chill until firm.

Unmold on serving plate.

Serves 8.

Minted Cheese-Peach Salad



- 1 can (1 lb. 13 oz.) cling peach halves
- Baguio lettuce
- 1 pint creamed cottage cheese
- 1/4 cup chopped fresh mint or 2 to 3 teaspoons mint flakes
- 2/3 cup mayonnaise

Drain peaches well, reserving about 1/4 cup syrup. Cut 3/4 inch hole in the center of each peach half, save centers.

Arrange lettuce leaves on 6 or 7 salad plates. Blend cheese with 3 tablespoons mint; scoop all but 1/4 cup mixture onto lettuce. Place peach halves cut -sides down over cheese; top each with a dollop of remaining cheese and crown with cut-out peach center. Blend mayonnaise with remaining mint and enough reserved syrup to make desired consistency; serve as dressing with salad.

Serves 6 to 7.

Aspic Rings

6 envelopes unflavored gelatin

4 cups cold water, divided

6 cans (8 ounces each) tomato sauce

2 tablespoons lemon juice

2 tablespoons prepared mustard

2 teaspoons Worcestershire sauce

2 teaspoons prepared horseradish

1/4 teaspoon Tabasco

Sprinkle gelatin over 3 cups water in a deep saucepan. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat; stir in remaining 1 cup cold water and tomato sauce.

Blend together lemon juice and mustard; add to aspic with remaining ingredients. Pour into two 5-cup ring molds; chill until firm.

Unmold; fill centers with tuna salad.

Serves 12.

SANDWICHES AND ROLLS

Hawaiian Sunshine Sandwich

- 3 slices sandwich bread**
- 3 tablespoons margarine**
- 3 strips bacon, cut in halves**
- 3 slices American cheese**
- 3 slices pineapple, drained**
- 3 sprigs parsley**

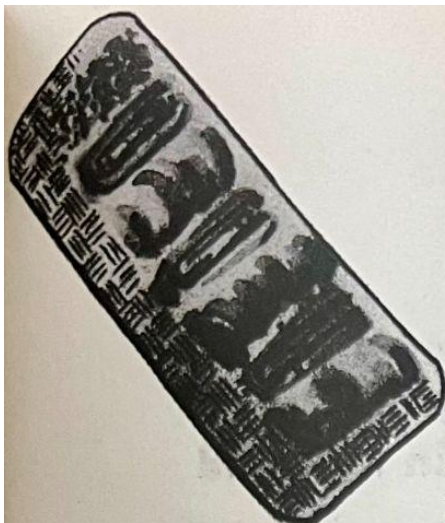
Fry bacon until partially cooked

Toast bread on one side using broiler.

Spread margarine on untoasted side and top with pineapple, cheese, strips of bacon. Broil until cheese has melted and bacon is crisp.

Garnish with a sprig of parsley.

Makes 3 sandwiches.



Ten-Pin Basket Sandwiches

- 2 loaves long narrow "pan de bara"**
- 24 (1-ounce) slices corned beef**
- 24 (1-ounce) slices process cheese**
- 8 dill pickles, sliced into thirds**
- 3 onions, medium-sized**

Cut loaf into alternate $\frac{3}{4}$ and 2-inch slices, almost to bottom crust. Start cutting $\frac{1}{2}$ -inch from end of loaf, making 24 slices in all. Remove narrow section ($\frac{3}{4}$ -inch) in each loaf, but do not cut through crust. Cut each onion into 8 slices.

Fold slices of cheese, placing one in each bread cavity so that fold is on bottom. Wrap a corned beef slice around a slice each of dill pickle and onion; insert between folded cheese slices. Cut each loaf into thirds; place on shallow baking pan. Heat in a hot oven (400 degrees F.) for 10 minutes.

To serve, place in a long narrow wicker basket, arranging relishes and potato chips at end of basket. Or place $\frac{1}{3}$ loaf on a flat wood serving platter and use a sharp bread knife for slicing bread between filled sections to make sandwiches for easeir eating.

Makes 6 servings of $\frac{1}{3}$ loaf per serving.

Easy Pizzas

- 1/4 cup peanut butter**
- 1/3 cup chili sauce**
- 1 tablespoon prepared mustard**
- 8 slices salami or pressed ham**
- 4 muffins or rolls, split in half and lightly toasted**
- Laguna cheese (quesong puti)**
- Grated Parmesan or "de bola" cheese**

Combine peanut butter, chili sauce and mustard. Place a slice of meat on muffin or roll. Spread a tablespoon of peanut butter mixture over meat. Scatter pieces of Laguna cheese over the top and sprinkle with grated Parmesan cheese.

Bake in hot oven, 450 degrees, for 8 to 10 minutes, until cheese browns lightly.

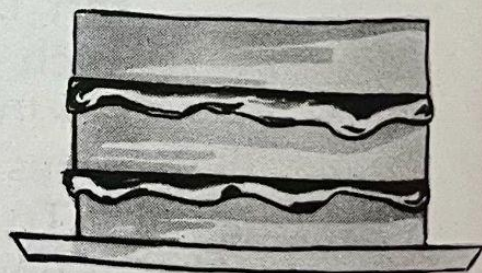
Serves 4.

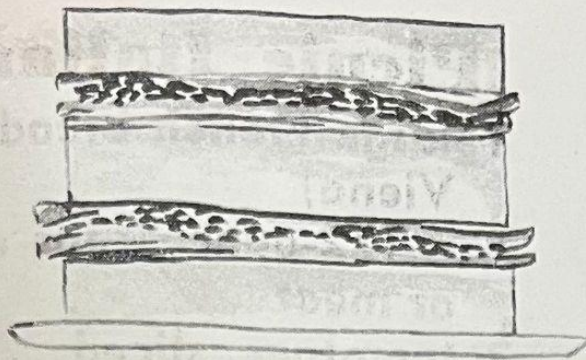
Peanut Butter Sandwich Filling

- 1/2 cup peanut butter, chunky style**
- 4 pitted dates, or 2 tablespoons raisins, chopped**
- 16 miniature marshmallows**
- 6 tablespoons orange juice**

Combine peanut butter, chopped dates or raisins, marshmallows and orange juice.

Yield: 1 cup, or filling for 5 sandwiches.





Cheese Fondue Sandwich

8 slices sandwich bread, crusts removed

1/4 cup margarine

1/4 pound sharp natural Cheddar cheese

3 eggs

1-1/3 cups milk

1/3 cup dry sherry

1/4 teaspoon salt

Dash pepper

Dash paprika

Large pitted black olives

Small tomatoes

Parsley

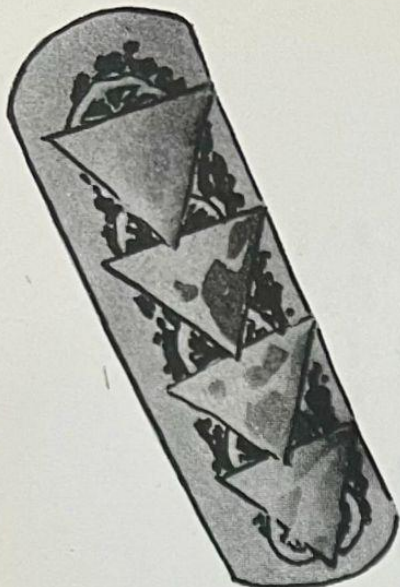
Spread both sides of bread thinly with margarine. Place 4 slices in an 8-inch square Pyrex baking dish.

Slice cheese and divide on 4 pieces of bread, covering with remaining slices.

Beat together eggs, milk, sherry, salt, pepper and paprika. Pour mixture over sandwiches. Let stand 30 minutes.

Bake in 325 degrees (slow) oven 35 to 40 minutes or until puffy and brown. Garnish with olives, tomatoes and parsley.

Serves 4.



Picnic Italianos

- 1 large French bread (or pan de Viena)**
- 2 4-1/2-ounce cans deviled ham or meat**
- 3 tomatoes, sliced**
- 4 slices Mozzarella or Laguna cheese**

1/2 teaspoon oregano

Split bread in two lengthwise. Spread cut slices generously with deviled ham or meat. Top with tomato slices; sprinkle with oregano. Then add the cheese slices.

For spicier flavor, add chili sauce on top of the cheese.

Bake at 375 degrees F. until cheese is melted and sandwiches are thoroughly heated.

Serves 8 to 10.

Tuna Burgers

1/4 cup mayonnaise or salad dressing

- 1 teaspoon minced onion**
- 1 teaspoon prepared mustard**
- 2 cans (6-1/2 to 7 ounces) tuna**
- 4 hamburger rolls**
- 2 tablespoons softened butter or mayonnaise**

Blend together mayonnaise, onion mustard. Mix with tuna.

Split hamburger rolls, spread with butter. Place tuna mixture on the 4 bottom halves.

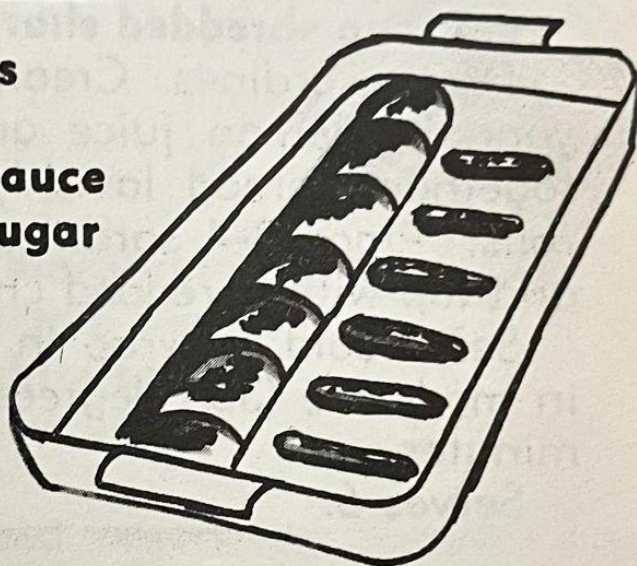


Place in broiler 3 inches below medium heat. Broil 7 to 10 minutes or until lightly browned and heated through. Place remaining halves, butter side up, in broiler, last 2 minutes. Combine halves.

Serves 4.

Barbecued Franks

- 1-1/2 pounds large franks**
- 1/2 cup catsup**
- 2 tablespoons steak sauce**
- 1 tablespoon brown sugar**
- 2 teaspoons salt**
- 1/4 teaspoon pepper**
- 1 teaspoon paprika**
- 1 tablespoon flour**
- 2 tablespoons water**
- 6 frankfurter rolls**



Light oven, set 350 degrees (Moderate).

Have ready a medium-sized casserole with cover. Prick each frank with a fork in several places. Place franks in casserole.

Place all other ingredients in medium-sized mixing bowl and stir together. Pour this mixture over the franks in casserole. Cover the casserole, place on middle shelf of oven and allow to bake for one hour.

Serve franks hot between halves of rolls.

Serves 6.

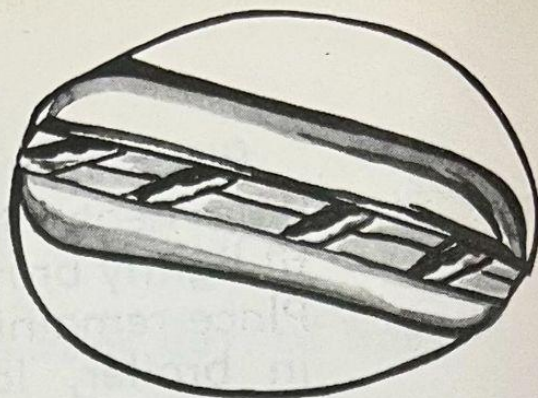
Devil Sea Dogs

- 3 cans small sardines
- 1/4 cup butter or margarine
- 1/4 cup mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons prepared mustard
- 1/2 teaspoon Worcestershire sauce
- Dash Cayenne pepper
- 1 tablespoon soy sauce
- 1/2 teaspoon ground ginger
- 6 hot dog rolls
- 1 cup shredded sharp cheese

Drain sardines. Cream butter, mayonnaise lemon juice and seasonings together. Spread lavishly on hot dog rolls. Place 3-4 sardines on each roll and top with shredded cheese.

Serve cold or wrap in foil and heat in moderate (350 degrees) oven for 10 minutes.

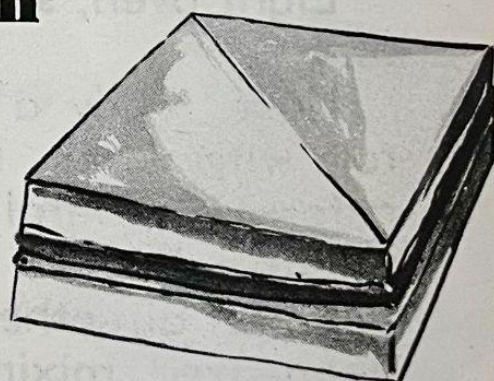
Serves 6.



French Toast Ham Sandwiches

- 12 slices bread
- 6 thin slices boiled ham
- Mustard (optional)
- 1/4 cup butter or margarine
- 2 eggs, slightly beaten
- 1/4 cup milk
- 1/4 teaspoon salt
- Syrup

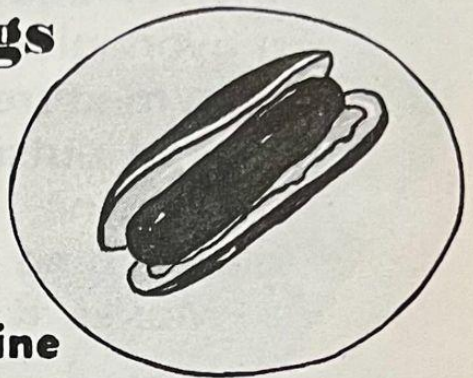
Trim crust from bread. Top 6 slices of the bread with slices of ham. Spread lightly with mustard; cover with remaining bread.



Melt butter in large skillet.
Blend eggs, milk, and salt.
Dip sandwiches quickly into egg mixture. Saute in butter, turning to brown both sides. Serve hot with syrup.
Six sandwiches.

Sauced Hamburger Dogs

- 1-1/4 pounds ground beef**
- 1 small onion, chopped**
- 3/4 teaspoon salt**
- 1/8 teaspoon pepper**
- 2 tablespoons butter or margarine**
- Tomato sauce or ketchup seasoned with Worcestershire sauce and thinned with a little water**
- 8 hot dog rolls**



Mix ground meat, chopped onion, salt and pepper together lightly. Form into eight long rolls. Melt butter in a skillet. Brown the meat rolls on all sides and remove from skillet.

Add 1 cup sauce (1/2 cup ketchup, 1/2 cup water, 2 teaspoons Worcestershire sauce) to skillet. Bring mixture to a boil. Reduce heat and cook gently for 1 minute. Return meat rolls to skillet. Cover and cook gently for 15 minutes.

Meanwhile, toast the rolls. Serve a beef roll with sauce on a toasted hot dog roll.

Makes 8 sandwiches.

Pan Toasted Sandwiches

- 1-1/2 cup finely chopped ham**
- 2/3 cup finely chopped celery**
- 1/2 cup relish sandwich spread**
- 16 bread slices**
- Mayonnaise**
- Margarine**

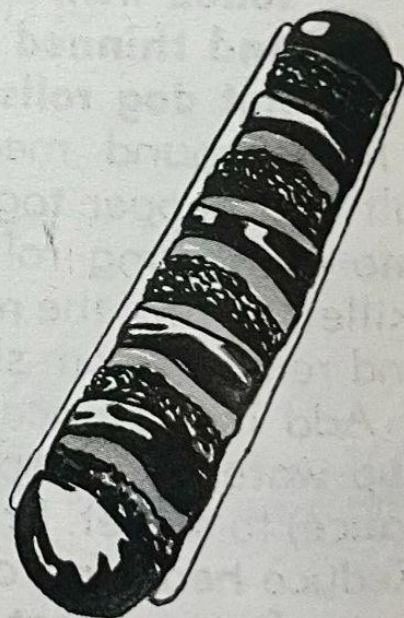
Combine ham, celery and relish sandwich spread. Spread bread lightly with mayonnaise. Cover half the slices with ham mixture, top with remaining slices. Spread outside of each sandwich with margarine. Brown in hot skillet or griddle, turning to brown both sides.

Makes 8 sandwiches.

Longjohn Hamburgers

- 3/4 kilo ground beef**
- 2/3 cup rolled oats**
(quick or old fashioned,
uncooked)
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 tablespoons chopped onion**
- 2/3 cup milk**
- One loaf Viena bread**
- 8 thin slices tomato**
- 8 slices Swiss cheese**
- Baguio lettuce**

Combine all ingredients for hamburgers. Shape into 8 patties. Broil or pan-fry 7 minutes on first side, then turn and cook 5 minutes longer for medium doneness.



Cut Vienna bread into 16 slices. Arrange a hamburger, tomato slice, Swiss cheese slice and lettuce leaf between 2 pieces of bread. Reassemble into long loaf in basket.

Serves 8.

Jumbo Sandwich

- 1 (No. 1) can or 2 cups salmon, boned and flaked**
- 1 tablespoon lemon juice**
- 1 cup finely chopped celery**
- 1/2 cup mayonnaise or salad dressing**
- 3/4 teaspoon salt**
- 1 long loaf French or Italian type bread**
- 1/4 cup soft butter or margarine**
- 6 lettuce leaves**
- 6 tomato slices**

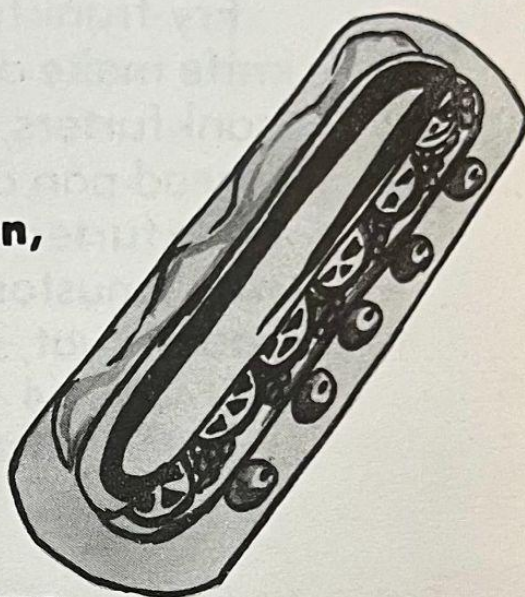
Combine salmon, lemon juice, celery, mayonnaise and salt.

Cut bread in half lengthwise and spread butter on both cut slices.

Place lettuce leaves on bottom half and spread salmon salad over lettuce. Arrange tomato slices over salmon salad. Cover tomatoes with top half of bread loaf.

To serve: Cut into 6 portions, using tomato slices as a guide to the size of each sandwich.

Makes 6 sandwiches.



Frankfurter Wheels

- 4 frankfurters**
- 1/4 cup oil**
- 4 pieces of pan de sal**
- 4 tbsps. butter**
- Catsup and mustard**
- Sauerkraut, if desired**

Fry frankfurters in oil. With a sharp knife make diagonal cut on each side of frankfurters, not cutting through. Spread pan de sal with butter and place frankfurter on each pan de sal. Serve with mustard and catsup. Top with sauerkraut, if desired.

Makes 4 sandwiches.

Summer Sandwich

- 1 French loaf, split and buttered**
- 1/3 cup chopped salmon**
- 2 tbsps. raisins**
- 2 tbsps. pickle relish**
- 3 tbsps. mayonnaise**
- Salt and pepper to taste**
- 2 hard-cooked eggs, sliced**

Split French loaf and butter both sides. Mix chopped salmon, raisins, relish and mayonnaise. Salt and pepper to taste. Place mixture on loaf, top with egg slices.

Cover with the second slice of loaf.

Makes 8 sandwiches.

Toasted Waffled Sandwich

- 2 slices luncheon meat**
- 2 tablespoons butter or margarine**
- Salt and pepper to taste**
- 4 waffled bread slices**
- Honey, if desired**

Spread bread with butter or margarine. Fill white bread slices with sliced meat. Season with salt and pepper. Spread butter on the outside of bread slices. Place in the waffle-baker and toast until light brown.

Serve piping hot with honey, if desired.

Makes 2 sandwiches.

Butter Rich Dinner Rolls

- 2 tbsps. yeast**
- 1/3 cup water**
- 1/4 cup sugar**
- 1/4 cup butter or shortening**
- 2 tsps. salt**
- 1 cup milk scalded**
- 2 eggs**
- 4-5 cups flour**

Soften yeast in water. In large mixing bowl, combine sugar, butter, salt and milk. Cool to lukewarm. Stir in eggs and yeast. Gradually add flour to form a stiff dough. Knead for 5 minutes.

Let rise for 1 hour.

Shape as desired and let rise for 30-35 minutes. Brush with butter. Bake at 400 degrees F. for 12 to 15 minutes. While hot brush with butter.

Makes 24 rolls.

Pizza

- 1** tablespoon dried yeast
- 1-1/3** cups lukewarm water
- 2** tablespoons cooking oil
- 1** teaspoon salt
- 4** cups sifted flour

Dissolve yeast in lukewarm water. Add oil.

Sift flour and salt into bowl, add yeast mixture. Knead until smooth, about 8 minutes. Cover and let rise in a warm place until doubled in bulk.

Oil two 9 x 14 pans. Divide dough between two pans. Stretch dough to fill pans to edges.

FILLING

- 1/4** cup cooking oil
- 1/2** cup chopped onions
- 1** 2-oz. can anchovy fillets
- 1** 6-oz. can tomato paste
- 2** cups water
- Salt and pepper**
- 6** pieces small sausages (Bilbao type or Filipino), sliced
- 1** small can hot sardines
- 12** small round slices of Laguna cheese

Cook onions in cooking oil. Add anchovy fillets, tomato paste and water and simmer until well blended. Season to taste.

Cool to lukewarm and spread on pizza dough in two pans. Arrange over tomato paste mixture the sliced sausages, sardines and Laguna cheese.

Bake in moderate oven 375 degrees F. until golden brown, about 30 minutes. Serve immediately.

Makes two 9 x 14-inch pizzas.

Peanut Butter, Jam And Tuna Sandwich

3 brown bread slices

3 white bread slices

Butter or margarine

2 tbsps. santol jam

2 tbsps. peanut butter

1/4 cup chopped salmon

1 hard-cooked egg, chopped

1 tbsp. pickle relish

Mayonnaise

Salt and pepper to taste

Spread bread slices with margarine or butter. Place santol jam on a slice of brown bread, top with the second slice. Spread peanut butter on the second slice and cover with the third slice.

Mix chopped salmon and egg. Flavor it with relish and mayonnaise. Add salt and pepper to taste. Fill buttered white bread. Cut sandwiches in half and arrange on plate alternately.

Makes 4 sandwiches.

Cinnamon Rolls

- 2 tbsps. dry yeast**
- 1/3 cup water**
- 1/4 cup sugar**
- 1/4 cup butter or margarine**
- 2 tsps. salt**
- 1 cup milk, scalded and cooled to lukewarm**
- 2 eggs**
- 4 1/2 to 5 cups all purpose flour**

Soften yeast in water.

In large mixing bowl, combine sugar, butter, salt and milk. Stir in eggs and yeast. Gradually add flour to form a stiff dough, beating after each addition. Knead on floured board until smooth and satiny, about 5 minutes.

Let dough stand for 1 hour or until double in size.

Roll out one-fourth of dough to a 16 x 12 inch rectangle. Brush with melted butter or margarine. Sprinkle with cinnamon, raisins, nuts and sugar mixture. Roll dough jelly roll fashion, sealing edge. Cut into 1 1/2 inch pieces.

Place cut side down into well greased 2 inch muffin cups. Let rise until double in size, about 30 minutes.

Bake in moderate oven, 350 degrees F for 15 to 20 minutes or until golden brown.

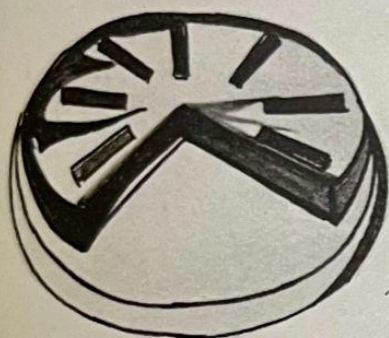
Makes 3 1/2 dozen rolls.

Cinnamon mixture

- 1/4 cup firmly packed brown sugar**
- 1/3 cup raisins**
- 1 tsp. cinnamon**
- 2 tbsps. chopped peanuts**

Mix all ingredients together.

Chocolate Cheesecake



- 1-1/4 cups fine zwieback crumbs**
- 1 tablespoon granulated sugar**
- 1/4 cup butter, melted**
- 2 cups (12 ounces) glazed semisweet chocolate chips**
- 1/2 cup hot coffee**
- 2 packages (8 ounces each) cream cheese, softened**
- 1 cup granulated sugar**
- 4 eggs**
- 2 teaspoons vanilla extract**
- 1/4 teaspoon salt**
- 1/2 cup whipping cream**

Combine zwieback crumbs and 1 tablespoon sugar. Add melted butter and mix until all crumbs are coated. Press into bottom of 9-inch spring-form pan.

Partially melt chocolate chips in coffee over very low heat. Remove from heat and stir rapidly until smooth and blended.

Meanwhile, beat cream cheese until light and fluffy. Gradually add 1 cup sugar. Then add eggs, one at a time, beating well after each addition.

Gradually add cooled chocolate mixture, vanilla, and salt; beating. Pour into crumb-lined pan and bake in a moderate oven (375 degrees) 1 hour. Cool.

Whip cream and spread on cake.
Serves 10 to 12.

Crown with Caramel

- 1/3 cup milk**
- 6 tablespoons refined sugar**
- 1/2 teaspoon salt**
- 2 tablespoons margarine**
- 1/3 cup warm water**
- 5 teaspoons active dry yeast**
- 2 eggs beaten**
- 1/2 teaspoon grated lemon rind**
- 3-1/2 cups sifted bread flour**
- 3 tbsps. melted margarine**
- 1/3 cup brown sugar**
- 1/2 cup walnuts or pili nuts**
- 3/4 cup brown sugar**
- 1/2 cup raisins**
- 1 teaspoon cinnamon**

Scald milk; stir in sugar, salt and 2 tablespoons margarine; cool to lukewarm.

Measure warm water into large warmed bowl. Sprinkle or crumble in yeast; stir until dissolved; add lukewarm milk mixture. Add beaten eggs, lemon rind and half of the flour. Beat until smooth then add the rest of the flour. Turn out on lightly floured board and knead until smooth and elastic. Place in greased bowl, turning to grease all sides. Cover; let rise in warm place, free from draft, until doubled in bulk, about 45 minutes.

Meanwhile, prepare a 10-inch tube pan; spread 3 tablespoons melted margarine over bottom of pan; sprinkle with 1/3 cup brown sugar and nuts. Set aside.

Punch down dough and turn out on lightly floured board. Roll out into rectangle about 14 to 9 inches. Sprinkle with mixture of $\frac{3}{4}$ cup brown sugar, raisins and cinnamon. Roll up as for jelly roll to make roll 9 inches long. Place, cut side up, in prepared pan. Cover; let rise in warm place until doubled in bulk, about $\frac{1}{2}$ hour.

Bake in a moderate oven (350 deg. F.) 35 to 40 minutes; turn out of pan immediately.

Makes 9 rolls.

Crumb Crust

- 1 cup fine crumbs**
- 3 tablespoons sugar**
- $\frac{1}{4}$ cup softened butter**

Graham crackers, vanilla wafers, Zwieback, chocolate wafers, cinnamon-flavored graham crackers, gingersnaps, or shortbread cookies may be used.

Combine crumbs and sugar. Add softened butter and mix well. Press firmly with back of a spoon over bottom and sides of an 8-inch pie pan.

For a baked crumb Crust: Bake at 375 degrees for 8 minutes. Cool thoroughly before filling.

For an unbaked Crumb Crust: Chill 1 hour. Fill.

Makes one 8-inch pie crust.



Dream Whip

- 1-1/4 cups toasted slivered blanched almonds, pili nuts or casuy
- 1 cup dates or raisins, sliced
- 1 cup day-old chocolate cake crumbs or chocolate wafer crumbs

- 1/2 teaspoon rum or nonalcoholic rum flavoring

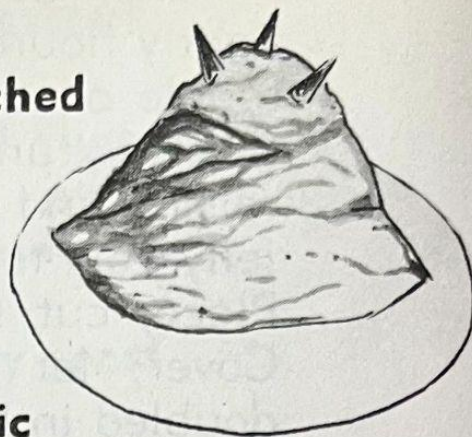
- 1 cup whipping cream

Whipped cream

Combine 1 cup almonds, pili or casuy, dates or raisins and crumbs. Add rum or nonalcoholic rum flavoring to cream and whip until stiff.

Fold in almond, pili or casuy mixture. Garnish with additional whipped cream and remaining almonds, pili or casuy.

Serves 4 to 6.

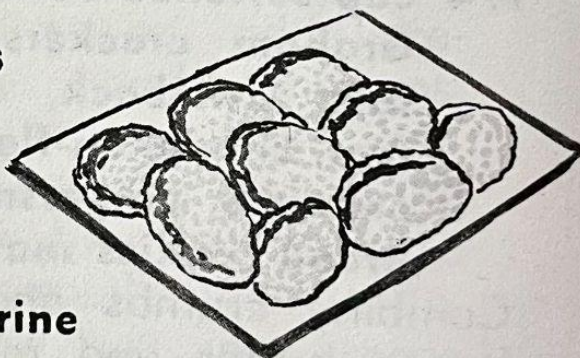


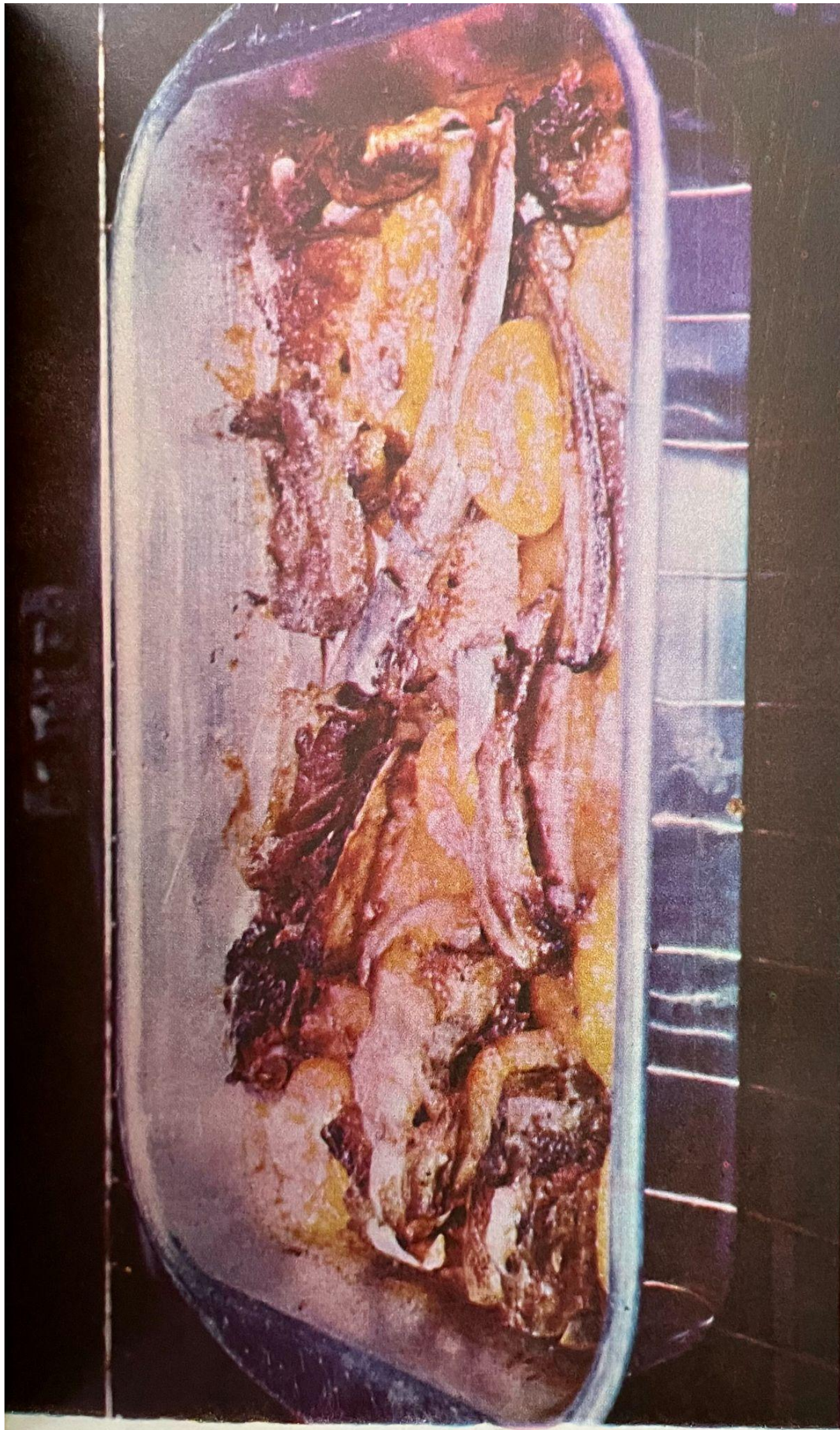
Date-Oat Cookies

- 1 cup California dates
- 1 orange
- 1/4 cup brown sugar
- 1/4 cup water
- 1/4 teaspoon salt
- 2/3 cup butter or margarine
- 1/2 cup granulated sugar

- 3 cups quick rolled oats, uncooked

Cut dates into pieces. Place in saucepan with cover. Cut orange into halves; chop one half finely (should make 1/2 cup). Squeeze juice from other half; add to dates with chopped orange, brown sugar, water and salt. Bring to boil; simmer, covered, 1 hour stirring





Spareribs Bake



Crimson and Gold Cups



Guava Jelly Rolls, Two-Egg Chocolate Cake



Black Cake

Cream butter and granulated sugar. Stir in oats (dough will be very firm). Form into 48 balls with teaspoon measure. Place on greased cookie sheet. Spread by pressing with times of fork. Bake in 325-degree (moderately slow) oven 10 to 20 minutes.

Cool 5 minutes on cookie sheet before removing.

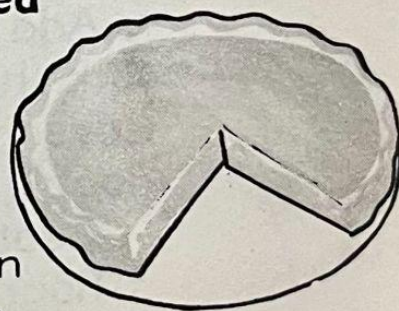
When cookies and filling are cool, spread about 1 1/2 teaspoons filling on each of 24 cookies and top with remaining cookies.

Makes 24 cookies.

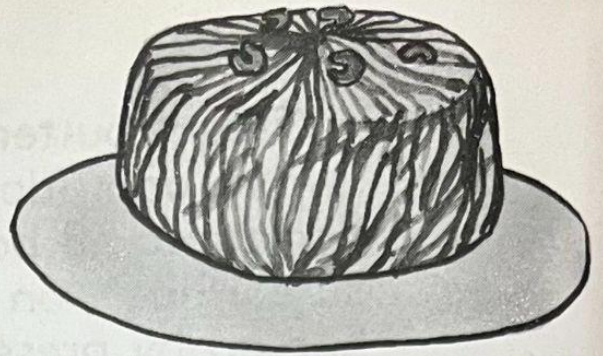
Nutty Black Bottom Pie Crust

- 1 cup (6-ounce package) glazed chocolate chips**
- 2 tablespoons milk**
- 1 baked 9-inch pie shell**
- 2 tablespoons chopped nuts**

Combine chocolate chips and milk in top of double boiler. Place over hot water until chips are only partially melted; then remove from heat and stir until mixture is smooth. Spread all or part of the mixture in a thin layer over bottom and sides of pie shell. Sprinkle with chopped nuts.



Panettone



- 1 cup boiling hot milk
- 1/2 cup sugar
- 1 teaspoon salt
- 2 packages or cakes yeast, active,
dry or compressed
- 1/4 cup warm water
- 2 eggs, beaten
- 1 teaspoon grated lemon peel
- 4-1/2 cups sifted flour
- 1/2 cup soft butter or margarine
- 1-1/2 cups seeded raisins
- 1/3 cup chopped candied fruit
- 1/3 cup slivered almonds

Pour milk over sugar and salt in mixing bowl; cool to luke-warm. Soften yeast in warm water in warm bowl and add to cooled liquid.

Stir in beaten egg and lemon. Add 3 cups flour; beat until smooth. Beat in softened butter, raisins, candied fruit and almonds.

Add remainder of flour and work with hand to distribute fruit evenly. Cover with damp cloth and let rise to double in size, about 2 hours.

Beat dough and let rise again about 1 hour. Spoon into greased 8-cup casserole; let rise until light and full above edge of casserole. Bake in moderately hot oven (375 degrees) 45 to 50 minutes.

Cool on rack. Frost with powdered sugar glaze if desired.

One large loaf.

Camote Cheese Cake

- 1-2/3 cups graham cracker crumbs**
- 1/4 cup melted butter or margarine**
- 1-1/2 tablespoons unflavored gelatin**
- 6 tablespoons cold water**
- 3 eggs, separated**
- 3/4 cup sugar**
- 1/2 teaspoon salt**
- 1/3 cup milk**
- 1 package (8 ounces) cream cheese, softened**
- 2 packages (3 ounces each) cream cheese, softened**
- 2 cups cooked peeled and mashed camote**
- 1 cup heavy cream, whipped**

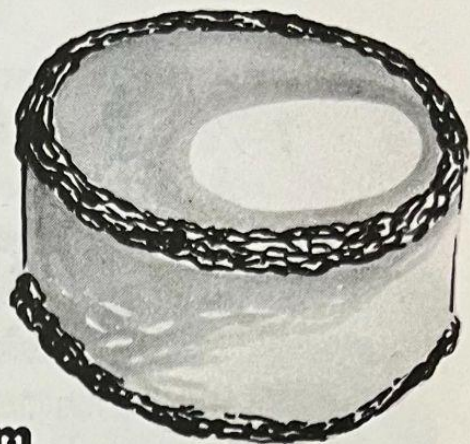
Reserve 1/2 cup crumbs for topping. Combine remaining crumbs and butter or margarine; mix well. Press crumb mixture over bottom of 8-inch spring form pan.

Soften gelatin in water.

Blend egg yolks, 1/2 cup sugar, salt and milk. Cook over low heat, stirring constantly, until thickened. Add softened gelatin and stir until gelatin dissolves. Add cheese and camote. Beat until well blended.

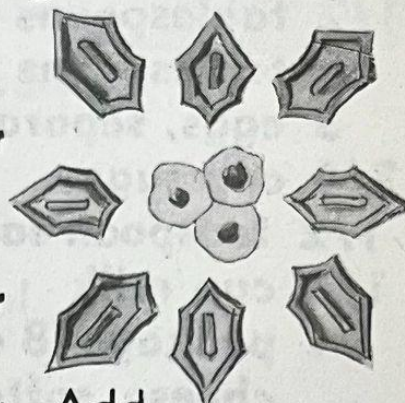
Chill until slightly thickened. Beat egg whites until foamy. Gradually add remaining 1/4 cup sugar, beating constantly, until stiff and glossy. Fold egg whites and cream into camote mixture. Turn into crumb-lined pan. Top with reserved crumbs. Chill until firm.

Makes one 8-inch cake.



Holly Berry Cookies

- 3/4 cup margarine, soft**
- 1 cup sifted confectioners sugar**
- 1 egg**
- 1 teaspoon vanilla**
- 2-1/4 cups sifted enriched flour**
- 1 teaspoon baking powder**
- 1/4 teaspoon salt**
- 1-1/2 cups rolled oats (quick or old-fashioned, uncooked)**



Beat margarine until creamy. Add sugar gradually; beat until light and fluffy. Add egg and vanilla, blending well.

Sift together flour, baking powder and salt.

Gradually add to butter mixture. Stir in oats. Chill several hours or overnight.

Heat oven to moderate (350 degrees F.).

Roll out dough on lightly floured board to about 1/4-inch thickness.

Make a paper pattern for holly leaf about 4 1/2 inches long. Use "hole" from doughnut cutter for berries.

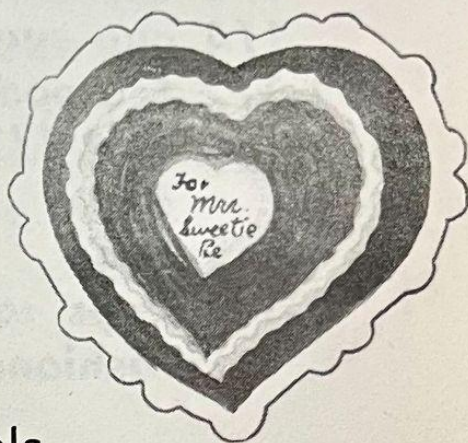
Cut out cookies and place on ungreased cookie sheets. Press three circles of dough together to form berry cookies. Bake in preheated oven (350 degrees F.) about 8 minutes.

To decorate, frost holly leaves with pale green confectioners sugar frosting and berries with red sugar frosting. Candied cherry pieces may be placed on each berry.

Makes 3-1/2 dozen.

Mocha Valentine Pie

- 1 6-ounce package (1 cup) semi-sweet chocolate morsels**
- 1 8-ounce package cream cheese; softened**
- 1/2 cup plus 3 tablespoons firmly packed brown sugar**
- 2 tablespoons instant coffee**
- 1/8 teaspoon salt**
- 1 teaspoon vanilla**
- 2 eggs separated**
- 1 cup heavy cream, whipped**
- 1 8-inch baked heart-shaped pastry shell**



Melt semi-sweet chocolate morsels over hot (not boiling) water. Remove from heat: cool 10 minutes. Combine and blend in mixing bowl, cream cheese, 6 tablespoons of the sugar, instant coffee, salt and vanilla.

Beat in one egg yolk at a time.

Stir in melted semi-sweet morsels.

Beat egg whites until fluffy, but not dry. Gradually add remaining 4 tablespoons sugar; beat until stiff. Fold into chocolate mixture. Fold in whipped cream. Turn into prepared shell. Chill until firm.

To garnish pie, trace heart outline in center of pie with end of wooden pick. Spoon in additional whipped cream; spread evenly inside outline.

Yield: 1 8-inch pie.

Spiral Surprise

Coffee Cake

- 1 cake compressed or 1 tablespoon dry yeast**
- 1/4 cup lukewarm water**
- 1 cup milk, scalded**
- 1 (3-oz.) pkg. cream cheese**
- 1/4 cup butter or margarine**
- 1/4 cup sugar**
- 1-1/2 teaspoons salt**
- 4 to 4 1/2 cups sifted all-purpose flour**
- 1 egg**
- 1-1/2 cups rolled oats (quick or old-fashioned, uncooked)**



FILLING

- 2 tablespoons butter or margarine, melted**
- 1 cup dried apricots, chopped, cooked and drained**
- 1/2 cup raisins**
- 1-1/2 cups chopped nutmeats**
- 1/4 cup firmly packed brown sugar**

Soften yeast in lukewarm water. (Use warm water for dry yeast.) Pour scalded milk over cream cheese, butter, sugar and salt. Cool to lukewarm. Stir in 1 cup flour and egg. Add softened yeast and oats. Stir in enough more flour to make a soft dough.

Turn out on lightly floured board or canvas; knead until smooth and satiny, about 10 minutes. Round dough into ball; place in grease bowl; brush lightly with melted shortening. Cover and let rise in warm place until double in size, about 1 hour.

Punch dough down; cover; let rise 10 minutes. Roll to form a 12 x 22-inch rectangle. Brush with melted butter. Spread cooled apricots on dough to within 1/2-inch of edges; sprinkle remaining ingredients over apricots. Roll up beginning with longer end. Place on greased cookie sheet. Holding one end, coil to form spiral. Cover; let rise until nearly double in size, about 45 minutes. Bake in preheated moderate oven (375 degrees) about 30 to 35 minutes. While warm, drizzle with lemon-flavored confectioners' sugar frosting.

Makes one coffee cake.

Graham Cracker Crumb Crust

20 graham cracker squares

1/4 cup softened butter

1/4 cup sugar

Roll crackers (or blend in electric blender) to even fine crumbs. Pour crumbs into mixing bowl; add butter and sugar. Blend well with fingers or fork. Pour into 9-inch pie plate; press firmly to make even layer on bottom and sides. Chill for 45 minutes before filling.

Makes 9-inch pie shell

Holiday Dessert

Favorite sponge or angel cake

Coarsely chopped walnuts or casuy

Whipped cream or topping, flavored as desired

Chocolate sauce

Maraschino cherries

Break or cut cake with a serrated knife into equal slices. Place in individual serving dishes.

Spoon whipped cream, according to taste, on top of cake. Sprinkle with nuts.

Pour chocolate sauce over nuts; top with a small dollop of cream and a cherry.



Chocolate Chip Cookies

1 cup butter or other shortening

1 cup granulated sugar

1/2 cup firmly packed brown sugar

2 eggs

2 teaspoons vanilla

2 cups unsifted all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

1 package (12 ounces) glazed chocolate chips

1 cup chopped nuts

Mix butter, sugars, eggs, and vanilla; then beat until light and fluffy. Blend in flour, soda, and salt. Stir in chips and nuts.

Drop from teaspoon onto ungreased baking sheets; place cookies about 2 inches apart.

Bake at 375 degrees for 8 to 10 minutes, or until golden brown.

Cookies may be stored in a tightly covered container for at least 4 days.

Makes 7 to 8 dozen.

Glazed Calabasa Pie

- 1 cup sugar**
- 2 teaspoons corn starch**
- 1/2 teaspoon salt**
- 1/4 teaspoon cinnamon**
- 1/4 teaspoon nutmeg**
- 1/4 teaspoon ground clove**
- 3/4 cup dark corn syrup**
- 3 tablespoons margarine**
- 1 cup mashed cooked calabasa**
- 3 eggs, slightly beaten**
- 1/4 cup chopped nuts (optional)**
- 1 unbaked (9-inch) pastry shell**

Mix sugar, corn starch, salt and spices in heavy saucepan. Stir in corn syrup, margarine, mashed calabasa. Bring to a boil over medium heat, stirring occasionally. Boil 3 minutes, until slightly thickened.

Remove from heat and stir gradually into slightly beaten eggs.

Pour into unbaked pastry shell. If desired, sprinkle with chopped nuts. Bake in a hot oven (400 degrees) 15 minutes; reduce heat to moderate (350 degrees) and bake 40 to 45 minutes longer or until filling is firm.

Serves 8.



Fruited Lemon Pie

1 can (1 lb. 14 oz.) fruit cocktail

2 eggs, slightly beaten

1 package (3-5/8 oz.) lemon pie filling

1/2 cup sugar

Pinch salt

1-1/2 teaspoons grated lemon rind

1 tablespoon lemon juice

1/2 cup whipping cream

1/8 teaspoon nutmeg

Bake 9-inch pastry shell.

Drain fruit cocktail, saving syrup.

Combine in saucepan pie filling, sugar, salt, eggs and lemon rind.

Add water to fruit syrup to make amount of liquid called for on pie filling package; blend into mixture in saucepan. Cook and stir over medium heat until mixture comes to a full boil.

Remove from heat. Stir in lemon juice. Cool to room temperature.

Whip cream with nutmeg. Fold 1 cup lemon mixture. Save 1 cup of fruit mixture; turn remainder into pie shell. Turn whipped cream mixture over fruit layer. Garnish with spoonfuls of reserved fruit mixture.

Chill well before serving.

Serves 6 to 8.

Frozen Calabasa

- 1 baked (9-inch) pastry shell**
- 1 cup mashed cooked calabasa**
- 1-1/4 cups sugar**
- 1/2 teaspoon salt**
- 1/2 teaspoon ginger**
- 1/4 teaspoon nutmeg**
- 1 cup heavy cream, whipped**
- 1 pint vanilla ice cream, softened**

Combine calabasa, sugar, salt, ginger and nutmeg. Fold into whipped cream.

Spread bottom of pastry shell with ice cream. Top with calabasa mixture. Freeze at least 2 hours. Do not remove from freezer until ready to serve.

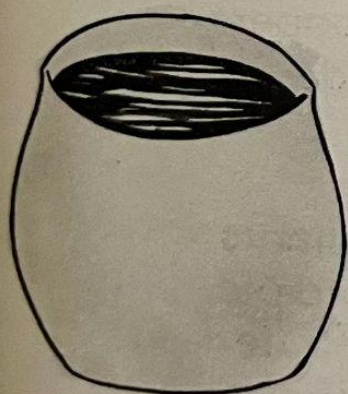
Serves 8.

Chocolate Sauce

- 3/4 cup cocoa**
- 1/2 cup sugar**
- 3/4 cup light corn syrup**
- 1/4 teaspoon salt**
- 1 cup cold water**
- 2 tablespoons margarine**
- 1 teaspoon vanilla**

Combine cocoa, sugar, syrup, salt and water in a saucepan. Cook over medium heat, stirring constantly, until mixture comes to a full boil. Continue cooking, stirring occasionally, 5 minutes. Add margarine and vanilla; mix. Serve warm or cold.

Makes 2 1/2 cups.



Apple Calabasa Pie

- 1 cup sifted all-purpose flour**
- 3/4 teaspoon salt**
- 1/4 cup vegetable oil**
- 2 tablespoons ice-cold milk**
- 1 large tart apple, grated**
- 2 eggs**
- 1 teaspoon cinnamon**
- 1-1/2 cups cooked, mashed calabasa**
- 1 1/4-ounce can condensed milk**
- 1/2 teaspoon salt**
- 1/2 teaspoon nutmeg**
- 1/2 cup hot milk**

Mix flour and 3/4 teaspoon salt. Pour vegetable oil and ice-cold milk into one measuring cup (don't stir). Add all at once to flour. Stir to mix. Press into smooth ball, flatten slightly.

Place between 2 sheets of waxed paper. Roll out gently to edges of paper. Peel off top paper. Place paper side-up in pie pan. Peel off paper.

Flute edge and refrigerate.

Combine all remaining ingredients and stir until smooth. Pour into cold pie shell. Bake in moderate oven (375 degrees F.) 50 to 55 minutes or until custard sets. Top with whipped cream if desired.

Serves 8 to 10.

Fruit Drops

- 1/2 cup butter or margarine, softened**
- 1 cup firmly-packed brown sugar**
- 1 egg**
- 1-3/4 cups sifted all-purpose flour**
- 1/2 teaspoon salt**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon ground cloves**
- 1/2 teaspoon nutmeg**
- 1/2 cup milk**
- 1 cup rolled oats (quick or old-fashioned, uncooked)**
- 1/2 cup mixed diced candied fruits and peels**
- 1/2 cup chopped nutmeats**

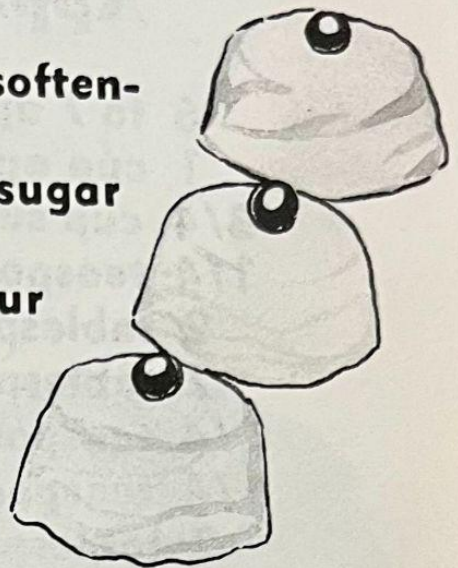
Heat oven to moderate (375 degrees). Beat butter and sugar together until creamy. Add egg; beat until light and fluffy.

Sift together flour, salt, baking powder and spices. Add to creamed mixture alternately with milk. Mix well. Stir in oats, fruits and nutmeats.

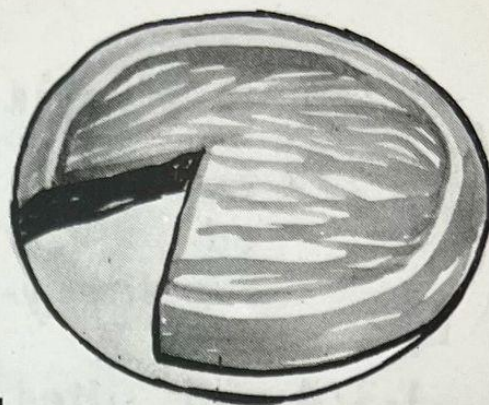
Drop by teaspoonfuls onto greased cooky sheets. Bake in preheated oven (375-degrees) 12 to 15 minutes.

When cool, spread with thin confectioners sugar frosting. Top with red cherry halves, if desired.

Makes 4 dozen.



French Streusel Apple Tart



- 6 to 7 apples**
- 1 cup apple cider**
- 3/4 cup sugar**
- 1/4 teaspoon salt**
- 2 tablespoons cornstarch**
- 2 tablespoons lemon juice**
- 1/4 teaspoon nutmeg**
- 1/4 teaspoon cinnamon**
- 2 tablespoons butter or margarine**
- 1 cup seedless raisins**
- 1 (9-inch) unbaked Orange Pastry Shell**

Streusel Topping

Core, peel and cut apples into eights (about 6 cups.) Heat apples, cider, sugar and salt to boiling. Cover and simmer until apples are barely tender. Drain and measure liquid.

Blend with cornstarch, lemon juice, spices and butter. Simmer until thickened. Add to apples and arrange in pastry shell. Sprinkle with Streusel Topping. Bake in hot oven (425 degrees) below oven center, 20 to 25 minutes. Serve warm or cold.

Top with whipped cream or ice cream, if desired.

Orange Pastry Shell: Resift 1 1/2 cups sifted flour with 1 teaspoon salt. Cut in 1/2-cup shortening and add 1/2-teaspoon grated orange peel. Add 3 to 4 tablespoons orange juice or water;

use just enough liquid to hold pastry together. Roll to fit 9-inch pie pan and build up fluted edge.

Streusel Topping: Lightly mix 1/4-cup butter or margarine, 1/4-cup brown sugar (packed) and 1/2-cup sifted flour to coarse crumb consistency.

Serves 8.

Fruit and Nut Ring

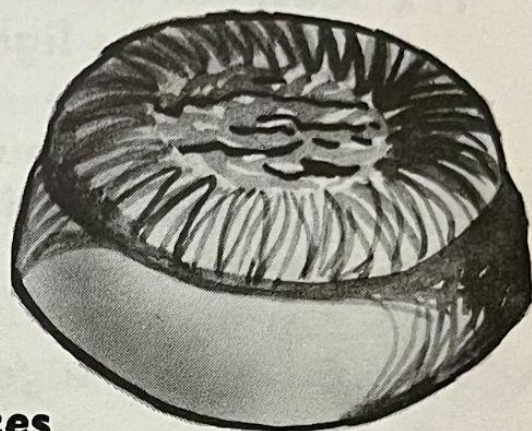
- 1 package (3 oz.) gelatin**
- 1 teaspoon salt**
- 1 cup boiling water**
- 2 teaspoons lemon juice**
- 1 tablespoon ripe olive slices**
- 2 tablespoons coarsely chopped nuts**
- 1/2 tray (7 to 10) ice cubes**
- Sections from 1 pomelo, cut in half**
- nuts**

1 medium apple, peeled and diced

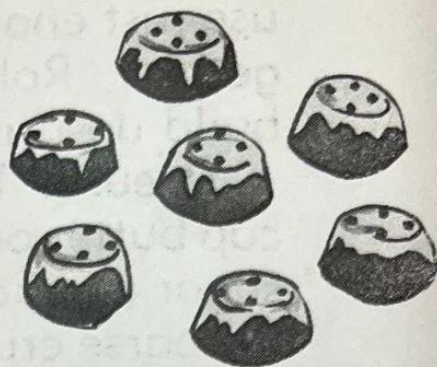
Dissolve gelatin and salt in boiling water. Add lemon juice and ice cubes. Stir constantly until thickened – about 3 minutes. Remove any unmelted ice and season to taste. Fold remaining ingredients into gelatin. Spoon into 1-quart ring mold. Chill until firm – at least 4 hours.

Unmold on salad greens. Fill center of ring mold with chicken salad.

Makes 3-3/4 cups or 6 servings.



Raisin Sunday Coffee Cakes



- 1 cup dark seedless raisins**
- 1 cup nuts, casuy or pili**
- 1/2 cup shortening**
- 3/4 cup sugar**
- 1 teaspoon cinnamon**
- 1/2 teaspoon nutmeg**
- 2 tablespoons light molasses**
- 1 egg**
- 2 cups sifted flour**
- 2-1/2 teaspoons baking powder**
- 1 teaspoon salt**
- 3/4 cup milk**

Powdered Sugar Frosting

Chop raisins and nuts. Blend together shortening, sugar and spices until light and fluffy. Beat in molasses and egg.

Resift flour with baking powder and salt. Add to sugar mixture alternately with milk. Stir in rasins and nuts.

Spoon into 12 greased muffin pans. Bake in moderate oven (350 degrees) 25 to 30 minutes, or just until cakes are done. Remove from pans to wire racks.

While still warm, spread tops with Powdered Sugar Frosting and decorate with raisins, nuts and coconut. Serve plain with butter.

Makes 1 dozen individual coffee cakes.

Batter may also be baked in a greased 1-1/2-quart ring mold. Bake in moderate oven (350 degrees) 35 to 40 minutes.

Powdered Sugar Frosting

Mix 1 cup powdered sugar with 2 tablespoons hot water to glaze consistency. Tint with pastel colors as desired.

No-Cook Coconut Cookies



1/4 cup butter or margarine, melted

1/2 cup corn syrup

1 cup sifted confectioners' sugar

1 cup salted peanuts, coarsely chopped

2/3 cup flaked coconut (oven-dried)

4-1/2 cups puffed wheat

Combine butter, syrup and confectioners' sugar in a large bowl; stir until well mixed. Then add peanuts, coconut and cereal. Using a large fork, stir mixture until cereal is well-coated. Pack firmly into a greased 13 x 9-inch pan. Chill until firm. Cut in squares.

Makes 3 to 4 dozen cookies.

For chocolate cookies. Add 2 packets unsweetened chocolate for baking to the butter mixture.

For molasses Cookies. Substitute unsulphured molasses for the corn syrup.

Note: All these cookies must be stored in refrigerator to remain crisp and crunchy.

Tea Torte

- 1 package yellow cake mix (1 pound 2 1/2 ounces)**
- 1-1/3 cups water**
- 2 eggs**
- 1 tablespoon instant tea powder**
- 1 teaspoon grated lemon rind**
- 1-1/2 cups heavy cream, whipped**
- 3 tablespoons sifted confectioners' sugar**
- 1/4 teaspoon nutmeg**
- 1 tablespoon rum**
- Walnut or casuy halves**

Place cake mix, eggs, water, tea and lemon rind in large bowl. Blend together at low speed; beat at medium speed for about 4 minutes. If electric beater is not available, beat until smooth, about 300 strokes, by hand.

Divide into 2 greased and waxed-paper-lined 8-inch cake pans. Bake in preheated moderate oven (350 degrees) for 35 to 40 minutes, or until tops spring back when gently pressed with tips of fingers. Cool in pans on racks for about 10 minutes. Remove from pan and continue cooling on racks.

Split cooled layers crosswise, to make four layers. Spread tops with mixture of whipped cream, confectioners' sugar, nutmeg and rum. Stack and garnish with walnut or casuy halves. Refrigerate until needed.

Serves 8 to 10.

Tower Suite Bavarian

- 1 cup sugar, divided
- 2 envelopes unflavored gelatin
- 1/4 teaspoon salt
- 4 eggs, separated
- 2 cups milk
- 2 6-ounce packages or 1 12-ounce package (2 cups) semisweet chocolate morsels
- 1 teaspoon vanilla
- 1 cup chopped mixed candied fruit
- 2 cups heavy cream, whipped



Mix gelatin, 1/2 cup of sugar and salt in a saucepan.

Beat together egg yolks and milk; stir into gelatin mixture. Add chocolate. Cook over medium heat, stirring constantly, until gelatin is dissolved and chocolate is melted, 5 to 8 minutes.

Remove from heat; beat with a rotary beater until chocolate is blended. Stir in vanilla and candied fruit.

Chill, stirring occasionally, until mixture mounds when dropped from a spoon.

Beat egg whites until stiff, but not dry. Gradually add remaining 1/2 cup sugar and beat until very stiff. Fold into chocolate mixture. Fold in whipped cream. Turn into a 10-cup ring mold. Chill until firm. Unmold.

Serves 12.

Toasted Nut-Orange Cake Cubes

- 1-1/2 cups brown sugar**
- 3/4 cup orange juice**
- 12 (1-1/2-inch) cubes of pound cake**
- 3/4 cup finely chopped nuts (casuy, pili or pecans)**

Combine orange juice and brown sugar. Insert a sharp, pointed barbecue skewer into center of a cake cube.

Dip cake cube in brown sugar mixture and roll to coat all sides, then roll in nuts. Toast over medium-hot coals until lightly toasted.

Caramel Pili Oven French Toast

- 3 tablespoons melted butter or margarine**
- 1/3 cup brown sugar**
- 3 tablespoons chopped pili nuts**
- 1 egg, beaten**
- 1/3 cup milk**
- 4 slices enriched bread**

Combine butter, brown sugar and pili nuts in the bottom of an ungreased (9-inch) square pan.

Combine beaten egg and milk in a shallow bowl. Dip bread into egg-milk mixture, turning to coat both sides of bread. Place bread over sugar mixture. Bake in a hot oven (400 degrees) for 20 minutes.

Let bread stand in pan 1 minute after removing from oven. Invert pan to remove bread so that caramel-pili side is up.

Serve warm, topped with a scoop of ice cream.

Serves 4.

Spiced Camote Pie

1/4 cup sugar

1 teaspoon ground ginger

1 teaspoon ground cinnamon

1/2 teaspoon ground mace

1/8 teaspoon ground cloves

1 teaspoon grated dayap rind

**2 cups mashed cooked camotes
(orange variety)**

**2 tablespoons melted butter or
margarine**

3 beaten eggs

1 1/4 cups undiluted evaporated milk

Mix together sugar, ginger, cinnamon, mace and cloves. Add grated dayap rind, mashed camotes, butter or margarine and beaten eggs. Mix well.

Stir milk and blend well. Pour mixture into a 9-inch pie plate lined with unbaked pastry. Bake in a preheated hot oven (400 degrees F.) 40 to 50 minutes or until a pointed knife inserted in center comes out clean.

Serve plain or garnished with whipped cream and nuts.

Serves 6.

Mocha Meringue Pie

- 2 egg whites**
- 1/8 teaspoon cream of tartar**
- 1/2 cup sugar**
- 1/2 cup chopped casuy nuts**
- 1 package (regular size) chocolate pudding**
- 1 tablespoon instant coffee**
- 1-1/2 cup milk**
- 1/2 teaspoon ground cinnamon**
- 1 cup heavy cream, whipped**

Combine egg whites and cream of tartar in bowl. Beat until foamy throughout. Add sugar, 2 tablespoons at a time, beating between each addition, until all of sugar is blended in. Continue beating until it stands in stiff peaks. Fold in nuts and spoon into 8-inch pie pan, covering bottom and building up sides 1/2 inch above pie pan. Bake in slow oven (300 degrees F.) 1 hour. Cool.

Empty pudding mix into saucepan. Blend in coffee, add milk slowly, stirring to keep mixture smooth. Cook over medium heat, stirring constantly, until pudding bubbles. Remove from heat; stir in cinamon and cool. Fold in whipped cream and pour into cooled pie shell.

Refrigerate until firm. (about 6 hours).

Serves 8.

Raised Doughnuts

- 1 tablespoon dry yeast**
- 1/4 cup warm water**
- 1 cup milk, scalded**
- 1/4 cup melted butter or margarine**
- 1/3 cup sugar**
- 1 teaspoon salt**
- 3-1/2 to 4 cups sifted all-purpose flour**
- 2 eggs**
- 1/2 cup enriched corn meal**

Soften yeast in warm water.

Pour scalded milk and butter over sugar and salt. Cool to lukewarm.

Stir 1 cup flour and eggs; add softened yeast and corn meal. Stir in enough more flour to make a soft dough. Turn on lightly floured board; knead until satiny, about 10 minutes. Round dough into ball; place in greased bowl; brush lightly with melted butter. Cover and let rise in warm place until double in size.

Punch down; cover; let rest 10 minutes.

Roll to 1/3 inch thickness; cut with floured 2-1/2-inch doughnut cutter. Let rise until double in size.

Fry in deep hot fat about 3 minutes or until browned, turning only once. Drain and serve plain or glazed.

Makes 2 dozen doughnuts.

Coconut Macaroons

- 2 eggs**
- 3/4 cup granulated sugar**
- 1/3 cup flour**
- 1/4 teaspoon double-acting baking powder**
- 1/8 teaspoon salt**
- 1 tablespoon butter, melted and slightly cooled**
- 2-2/3 cups (about) flaked coconut**
- 1 teaspoon vanilla**
- 1/2 teaspoon grated lemon rind**
- 1 cup glazed chocolate chips**

Beat eggs in mixing bowl until foamy and light in color. Add sugar, 2 tablespoons at a time, beating constantly until mixture is thickened and light in color, about 5 minutes. Fold in flour, baking powder and salt; then fold in butter. Stir in coconut, vanilla and 1/2 teaspoon lemon rind. Then fold in 1 cup chocolate chips.

Drop by teaspoonfuls onto greased and lightly floured baking sheets. Bake in slow oven (325 degrees F.) about 15 minutes or until cookies are golden brown around the edges.

Remove from oven and let stand a few seconds; then remove from baking sheets. Finish cooling on racks. Store in tightly covered containers.

Makes 3 dozen.

Cherry Nut Chiffon

- 2-1/4 cups cake flour**
- 1-1/2 cups refined sugar**
- 3 teaspoons baking powder**
- 1 teaspoon salt**
- 1/2 cup vegetable oil**
- 5 egg yolks, unbeaten**
- 1/4 cup maraschino cherry juice**
- 1/2 cup water**
- 1 teaspoon vanilla**
- 1 cup egg whites (7 or 8 eggs)**
- 1/2 teaspoon cream of Tartar**
- 1/2 cup chopped cherries**
- 1/2 cup chopped nuts**

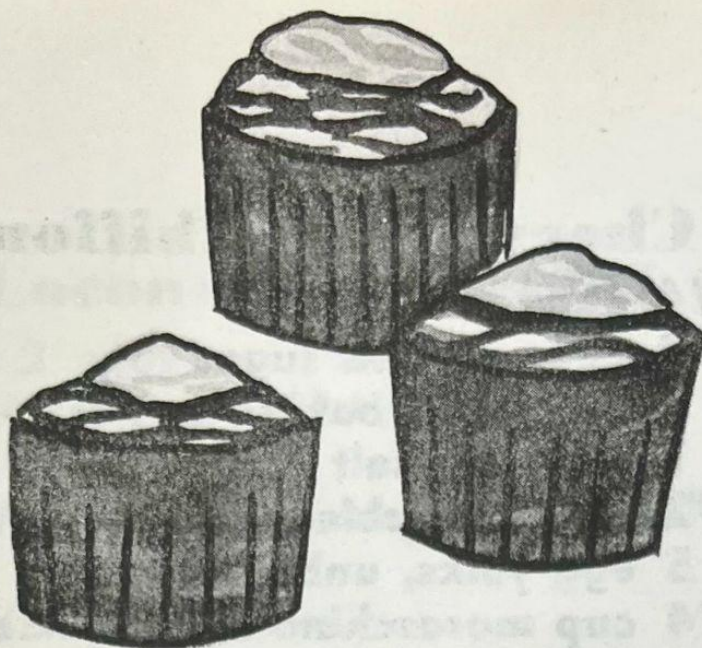
Measure flour after sifting.

Blend flour, sugar, baking powder and salt in bowl. Make a well and add in order: oil, egg yolks, water, juice and vanilla. Beat with spoon until smooth.

Measure egg whites and cream of tartar into a large mixing bowl. Beat until whites form very stiff peaks.

Pour egg yolk mixture gradually over beaten whites. Sprinkle over batter and fold in with a few strokes 1/2 cup each very finely chopped nuts and cherries, well drained. Bake at 325 degrees for 65 to 70 minutes.

Serves 8 to 12.



Surprise Jewels Cupcakes

1 can (1 lb. 14 oz.) fruit cocktail
1 package (1 lb. 3 oz.) yellow cake mix

1/4 cup soft butter or margarine

3 cups sifted powdered sugar

1/2 teaspoon grated dayap rind

2 tablespoons dayap juice

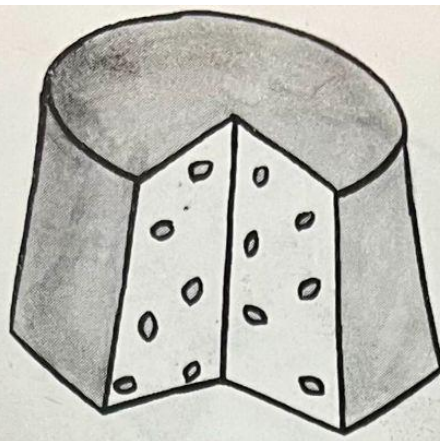
Drain fruit cocktail, saving syrup. mix and bake cake mix according to package directions for cupcakes, substituting cocktail syrup for water.

While cakes cool, cream together butter and sugar. Add dayap rind and juice; mix to soft, fluffy consistency.

Insert a sharp knife about 1/4-inch from outside top edge of cooled cakes and cut a cone-shaped piece from each. Reserve 24 pieces fruit cocktail; fill cupcakes with remaining fruit.

Frost cut edges of cone cutouts; place a dab of frosting on baked sides and place, points up, on filled cakes. Top with reserved fruit cocktail.

Makes 24 medium cupcakes.



Pili Nut Torte

- 1 package angel food cake mix**
- 1 teaspoon brandy flavoring**
- 1-1/2 cups finely chopped pili nuts**

Prepare and bake cake according to package directions, adding brandy flavoring after the egg whites are beaten and folding in finely chopped nuts after the flour.

Cut in three layers when done, fill and frost with Mocha Cream.

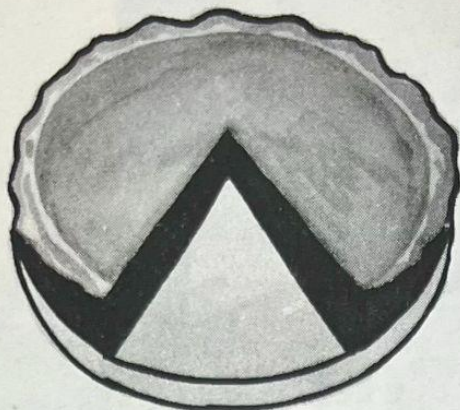
Garnish with sliced or coarsely chopped pili nuts. Chill several hours or overnight.

MOCHA CREAM

- 2 cups (12-ounce package) semi-sweet chocolate pieces**
- 32 marshmallows (1/2-lb.)**
- 6 tablespoons milk**
- 1 tablespoon instant coffee**
- 1 cup heavy cream, whipped**

Melt chocolate and marshmallows with milk and instant coffee in double boiler over hot water. Chill until thoroughly cool but not stiff. Fold in whipped cream. If necessary, chill until of spreading consistency.

Serves 8 to 10.



Mushroom Cheese Pie

- 1 package pie crust mix**
- 1 cup (4-oz.) shredded cheese**
- 1 tablespoon finely chopped onion**
- 2 tablespoons flour**
- 1 can (3-1/2 oz.) mushrooms**
broiled in butter
- 3 eggs, well-beaten**
- 2 cups milk or light cream**
- 1/2 teaspoon salt**
- 1/2 teaspoon dry mustard**
- 1/4 teaspoon freshly ground black pepper**

Prepare pie crust according to package directions. Roll out and use pastry to line bottom and sides of an ungreased 9-inch pan, fluting a high edge.

Mix cheese, onion and flour. Put mixture into lined pan. Spoon mushrooms evenly over cheese.

Beat eggs, milk, salt, mustard and pepper until smooth and well blended. Pour mixture evenly over cheese in pie pan.

Bake in preheated moderate oven, 350 degrees, for 40 to 45 minutes or until knife inserted in the center comes out clean.

Makes one 9-inch pie.

Semi-Sweet Brownies

- 2/3 cup sifted flour**
- 1/2 teaspoon double-acting baking powder**
- 1/4 teaspoon salt**
- 1/3 cup butter or other shortening**
- 1 package (6 ounces) glazed semi-sweet chocolate chips**
- 3/4 cup granulated sugar**
- 2 eggs, well beaten**
- 1/2 cup broken nuts**
- 1 teaspoon vanilla**

Sift flour once, measure, add baking powder and salt, and sift again. Melt shortening and 1/2 package of the chocolate chips over hot water. Gradually add sugar to eggs, beating thoroughly. Add chocolate mixture and blend.

Add flour and mix well; then add nuts and vanilla. Spread batter in greased 8-inch square pan. Bake in moderate oven (350 degrees) about 25 minutes.

Sprinkle the remaining 1/2 package chocolate chips over top; bake 5 minutes longer. Cool in pan.

Then cut into rectangles. Top with toasted-coconut. Serve topped with "buko" or "macapuno" ice cream squares.

Serves 6.

Sherried Camote

4 cups mashed camote
(sweet potatoes)

1/2 cup sugar

1/4 cup butter or margarine

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/4 cup cooking sherry or 2
teaspoons sherry extract

1/2 cup milk

Combine all ingredients. Mash until fluffy. Turn into a buttered 1-quart casserole. Bake in a preheated moderate oven (375 degrees F.) 45 minutes or until lightly browned over the top.

Serves 6.

Vanilla Coconut Soft Custard

1/4 cup sugar

1/4 teaspoon salt

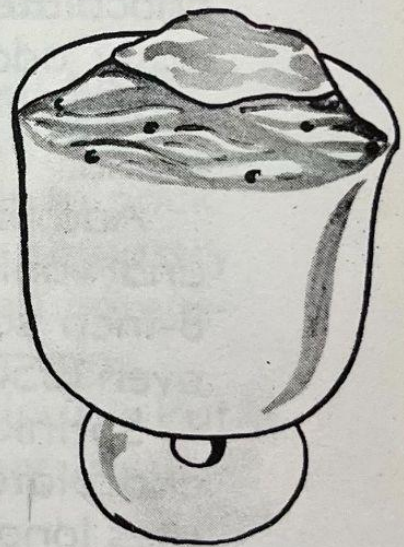
3 large eggs, slightly beaten

2 cups milk

1 teaspoon pure vanilla extract

1/2 cup shredded moist coconut

Mix sugar with salt in a saucepan or in the top part of a double boiler. Blend in eggs. Stir in 1/4 cup cold milk; heat the remaining milk and add to the mixture. Cook over low heat or over hot water until the custard coats a metal spoon, stirring constantly. Remove from heat.



Add pure vanilla extract and coconut. Cool. Serve as dessert in sherbet glass, topped with cream, if desired, and sliced bananas, mango or sliced oranges. Garnish with whipped cream.

Makes $2\frac{1}{4}$ cups.

Black Bottom Coconut Pineapple Pie

1 lemon

4 egg yolks or 2 eggs, slightly beaten

$\frac{1}{2}$ cup granulated sugar

1 can (8- $\frac{1}{2}$ ounces) crushed pineapple, drained

1 cup whipping cream

$1\frac{1}{3}$ cups (about) flaked coconut

Nutty Black Bottom Pie Crust

Grate 2 teaspoons rind from the lemon. Then squeeze juice from lemon. Combine lemon rind, 2 tablespoons lemon juice, the egg yolks, sugar and pineapple in the top of a double boiler.

Cook, stirring constantly, over gently boiling water until mixture begins to thicken, about 15 to 20 minutes.

Cool. Then whip cream and fold into cooled mixture with 1 cup coconut. Spoon into pie shell. Chill about 2 hours. Before serving, sprinkle with remaining coconut, garnish with whipped cream.

Serves 6 to 8.

Peanut Drops

- 1 6-oz. package semi-sweet chocolate bits**
- 1/4 cup peanut butter**
- 3/4 cup sifted confectioners' sugar**
- 1 egg**
- 1 teaspoon vanilla**
- 1 teaspoon milk (about)**
- 1 cup salted peanuts**

Melt chocolate and peanut butter over low heat. Add sugar, egg, vanilla and milk and beat well to blend. Stir in peanuts. Drop by teaspoon on wax paper. Cool until firm.

Makes about 2 1/2 dozen candies.

Chocolate Velvet Pie

- 1 package (4 oz.) chocolate pudding and pie filling**
- 1-1/2 cups milk**
- 1 envelope whipped topping mix**
- 1/2 cup cold milk**
- 1 baked 8-inch graham cracker crust, cooled (or use 1/2 cup heavy cream; whip until peaks will form and substitute for prepared dessert topping.)**



Combine pie filling mix and 1-1/2 cups milk in a saucepan. Blend well. Cook and stir over medium heat until mixture comes to a full boil. Remove from heat. Place wax paper on surface. Chill, in refrigerator, at least 2 hours.

Prepare dessert topping with 1/2 cup cold milk as directed on package.

Beat chilled pie filling with a spoon or rotary beater until smooth. Blend 1 cup prepared dessert topping into pie filling. Spoon into pie crust. Chill until firm. Garnish with remaining prepared dessert topping. Sprinkle with chopped nuts, if desired.

Serves 6.

Candy Peanut Butter Pie

- 1 9-inch unbaked pie shell**
- 3 eggs**
- 1/2 cup sugar**
- 1 cup light corn syrup**
- 1 teaspoon vanilla**
- 1/4 teaspoon salt**
- 1/2 cup smooth peanut butter**
- 1/2 cup semi-sweet chocolate chips**
- 1/4 cup coconut flakes**

Make pie crust from 1/2 standard recipe or 1/2 package mix.

Beat eggs. Gradually beat in sugar, mixing well. Mix in syrup, vanilla, salt and peanut butter, blending thoroughly.

Pour into pie shell. Bake in slow 300-degree oven 40 to 50 minutes. While pie is still hot, put a circle of chocolate chips in center of pie and sprinkle remaining chips around outside edge. Fill in remainder of top with coconut.

Cool before serving.

Serves 6 to 8.

Casuy Cream Crunch

- 1 package angel food cake mix**
- 2 packages vanilla pudding mix**
- 3/4 cup chopped toasted casuy**
- 1/3 cup chopped maraschino cherries**
- 1 pint whipping cream**
- 1/3 cup sugar**
- 1 teaspoon vanilla**
- 1/2 cup chopped toasted casuy**

Prepare angel food cake mix according to directions on package label.

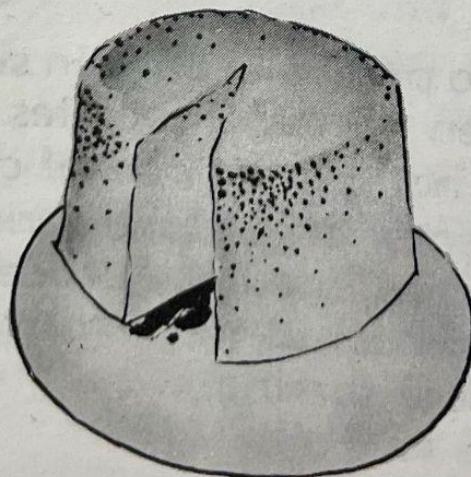
Cut cake in three layers.

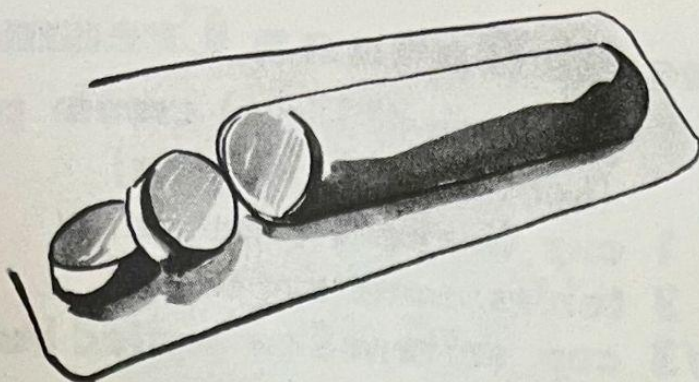
Prepare pudding mix according to directions on package.

Pile one-half of cooled pudding on bottom layer of cake. Sprinkle with half of (3/4 cup) casuy and cherries. Repeat same procedure for second layer. Put on cake top.

Whip cream and sweeten with sugar. Swirl on sides and top of cake. Sprinkle sides of cake with the 1/2 cup chopped casuy. Let chill to set. Cut and serve.

Makes 10 to 12 servings.





Whipped Cream Roll

- 1 cup sifted cake flour**
- 1 teaspoon baking powder**
- 1/4 teaspoon salt**
- 3 eggs**
- 1/2 cup sugar**
- 1/2 cup light corn syrup**
- 1 teaspoon vanilla**
- Whipped cream**

Sift flour once; measure.

Combine baking powder, salt and eggs in a bowl. Beat with rotary beater or electric mixer, gradually adding sugar, then adding corn syrup, 1 tablespoon at a time. Continue beating until mixture becomes thick and light-colored.

Fold in flour and vanilla. Turn batter into greased pan 15 to 10 by 1 inch, lined with greased paper.

Bake in 375-degree (moderate) oven 15 minutes or until cake is delicately browned and springs back when touched lightly with finger. Turn at once onto cloth covered with powdered sugar.

Remove paper, spread with whipped cream, spreading almost to edge. Roll quickly. Wrap in cloth and cool on rack.

Serves 12.

Almond Banana Cream Pie

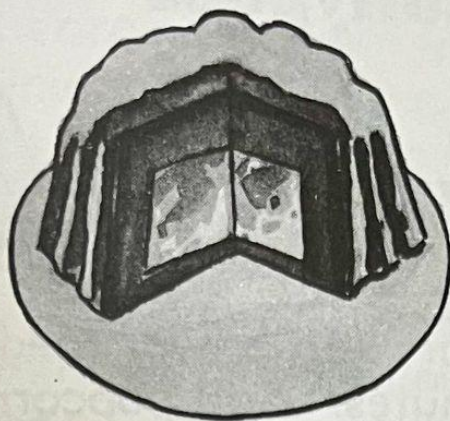
- 1 package (11 oz.) cream pie mix
(beat-and-serve type)**
- 1 cup Graham crumbs**
- 3 tablespoons sugar**
- 1/3 cup softened or melted butter or
margarine**
- 2-1/2 cups cold milk**
- 1 medium banana, sliced**
- 2 tablespoons toasted slivered
almonds**
- 1/4 teaspoon almond extract**
- 1/2 cup chilled heavy cream**
- 1/2 teaspoon vanilla**

Empty Graham crumbs into 9-inch pie pan. Add sugar and butter; mix well. Press firmly over bottom and sides of pan. Chill 15 minutes before filling . . .

Blend pie filling mix with 2 1/2 cups milk in a bowl. Beat with electric mixer at low speed or with rotary beater for 2 minutes, or until thick and creamy. Fold in banana slices, almonds and almond extract. Pour into crust. Chill.

Combine 1/2-cup heavy cream and the vanilla in a deep, narrow-bottom bowl. Whip with electric mixer at high speed or with rotary beater until topping peaks. Spread over top of pie. Chill. Before serving, garnish with additional banana slices and toasted almonds, if desired.

Serves 6 to 8.



Molded Ice Cream

- 1 package ($\frac{1}{4}$ pound)
cooking chocolate**
- $\frac{1}{3}$ cup water**
- $\frac{3}{4}$ cup sugar**
- $\frac{1}{8}$ teaspoon salt**
- 3 egg yolks, well beaten**
- 1 teaspoon vanilla**
- 2 cups whipping cream**
- 1 pint vanilla ice cream**

Place chocolate and water in top of double boiler. Heat over hot water, stirring vigorously until chocolate is melted. Add sugar and salt. Continue to cook, stirring constantly until sugar is dissolved. Slowly stir into egg yolks. Cool, then add vanilla.

Whip cream and fold into cooled chocolate. Pour into a greased 1- $\frac{1}{2}$ quart mold. Place in freezing compartment of refrigerator until partially frozen. Press ice cream into center of chocolate mixture. Smooth chocolate over ice cream to make bottom flat. Freeze until firm. Unmold.

Serves 8 to 10.

Popcorn Lollypops

- 1/4 cup oil**
- 1/2 cup popcorn**
- 1/2 cup dark corn syrup**
- 1/2 cup sugar**
- 1/2 teaspoon salt**

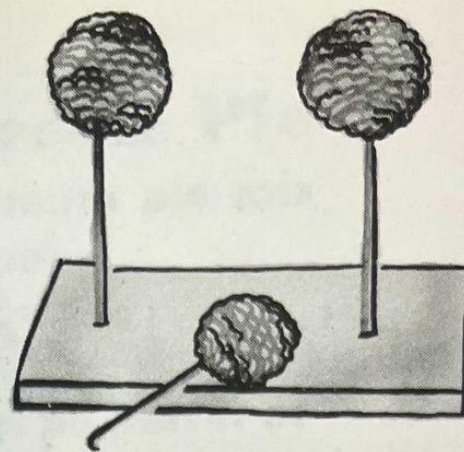
Heat oil in 4-quart kettle over medium heat for 3 minutes. Add popcorn. Cover, leaving small air space at edge of cover. Shake frequently over medium heat until popping stops. Remove from heat.

Combine corn syrup, sugar and salt in heavy saucepan; cook over moderate heat, stirring constantly, until sugar is dissolved. Add popped corn and stir over medium heat 3 to 5 minutes or until corn is evenly and completely coated with mixture. Remove from heat.

Shape into small balls and insert blunt end of bamboo skewers into balls.

Wrap in cellophane.

Makes 12.



Calabasa Raisin Bread

- 1 cup seedless raisins**
- 1/2 cup brown sugar, packed**
- 1 egg, slightly beaten**
- 1 cup mashed, cooked calabasa (yellow squash)**
- 1/4 teaspoon salt**
- 1 teaspoon cinnamon**
- 2 tablespoons grated orange rind**
- 1/2 cup orange juice**
- 3 cups packaged biscuit mix**

Chop raisins. In a large mixing bowl, stir together raisins, sugar, egg, calabasa, salt, cinnamon, orange rind and juice. Add biscuit mix; beat briskly 30 seconds. Turn into well-greased 9 x 5 x 3-inch loaf pan.

Bake in 350 degrees (moderate) oven 45 to 50 minutes or until done. Cool before slicing.

If desired drizzle a glaze of powdered sugar, orange rind and juice over slightly warm loaf and garnish with additional raisins.

1 9-inch loaf

Pumpkin Ice Cream Pie

9-inch Graham Cracker Crumb Crust

3/4 cup mashed canned pumpkin or cooked calabasa

1/4 cup brown sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/2 teaspoon ginger

1/4 teaspoon ground cloves

1/4 teaspoon salt

1/3 cup finely chopped nuts

1 quart vanilla ice cream, softened

Prepare graham cracker crumb crust. In mixing bowl combine all remaining ingredients except ice cream. Mix well. Stir in ice cream; mix until blended and smooth. Pour into crumb crust; freeze until firm.

Makes 9-inch pie

Guava Jelly Roll

2/3 cup sifted all purpose flour

1 tsp. baking powder

1/2 tsp. salt

4 large eggs, separated

3/4 cup sugar

1 tsp. vanilla extract

2 tbsps. water

Sugar for sprinkling

5-6 tbsps. guava jelly

Grease bottom of 15 x 10 x 1 inch jelly roll pan; line with wax paper and then grease again.

Sift flour with baking powder and salt. Beat egg whites in large mixing bowl at high speed of mixer until soft peaks form. Gradually add 1/2 cup sugar, beating until stiff, glossy peaks form.

In small mixing bowl combine egg yolks, vanilla, 1/4 cup sugar and water; beat at high speed until thick and lemon colored.

Fold egg yolk mixture gently into egg whites. Add sifted dry ingredients; folding gently after each addition, using rubber scraper. Pour batter into pan. Bake at 375 degrees F for 12-15 minutes.

Turn immediately unto towel sprinkled with sugar. Peel paper from cake. Roll up cake in towel. Cool on wire rack; unroll. Spread with guava jelly and roll again. Sprinkle with sugar on top.

Serves 8 to 10.

English Chocolate Pudding

- 1-1/2 cups milk**
- 3 large egg yolks**
- 1/3 cup sugar**
- 1 teaspoon flour**
- 1 teaspoon pure vanilla extract**
- 1/8 teaspoon salt**
- 2 oz. (2 squares) semi-sweet baking chocolate, melted**
- Lady fingers or strips of sponge cake**

Scald milk in a 2-quart saucepan. Combine egg yolks, sugar, flour and salt. Add to milk. Stir and cook over low heat or hot water (not boiling) until the mixture coats a metal spoon.

Remove custard from heat and stir in melted chocolate and pure vanilla extract. Chill.

Serve in sherbet glasses, each lined with 3 lady fingers or 3 strips of sponge cake.

Serves 4.

Spiced Pili Pie

- 3 eggs, beaten
- 1 cup dark corn syrup
- 1/2 cup light corn syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons butter or margarine melted
- 1 cup toasted, chopped pili nuts
- 1 tablespoon flour

Unbaked 9-inch pastry shell.

Whole pili nuts for garnishing.

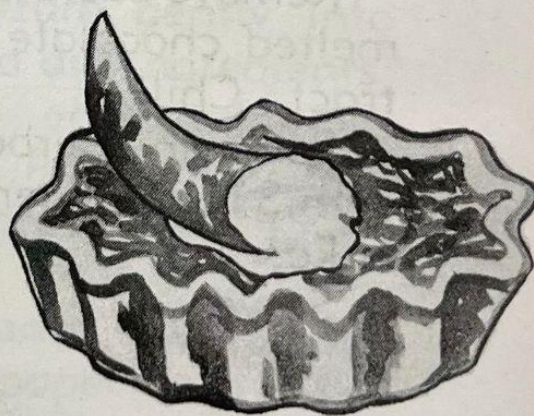
Combine first 5 ingredients. Mix well. Mix together cinnamon, nutmeg and melted butter or margarine. Add to first mixture along with chopped pili nuts mixed with the flour.

Turn into unbaked pastry shell. Bake in a preheated oven (375 degrees F.) 40 minutes or until filling is firm.

Serves 8.

Horn of Plenty Raisin Tarts

- 1 lightly beaten egg
- 1/2 cup sugar
- 1/8 tsp salt
- 1/2 cup half-and-half or light cream
- 1 tablespoon lemon juice
- 1 cup seedless raisins
- 1/2 cup chopped walnuts
- Pastry for 6 (3-inch) tarts



Combine all filling ingredients. Spoon into pastry-lined tart pans. Bake in 425-degree oven 10 minutes. Reduce heat to 350 degrees. Bake 20 minutes longer, until pastry is browned and filling is set. Garnish with pastry horns. Makes 6 tarts.

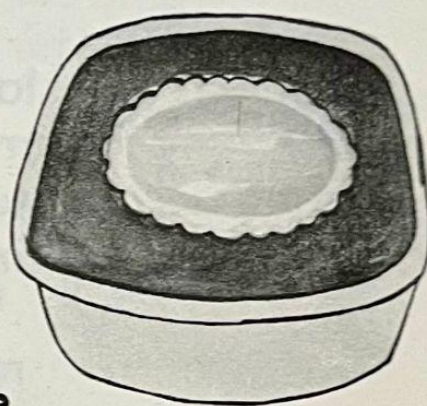
Baked Camote Pudding

- 2 cups finely grated raw golden yellow camote**
- $\frac{2}{3}$ cup maple syrup**
- 2 eggs, beaten**
- 2 tablespoons butter or margarine**
- $1\frac{1}{2}$ teaspoons ground ginger**
- $1\frac{1}{2}$ teaspoons baking powder**
- 1 teaspoon grated lemon peel**
- $\frac{1}{2}$ teaspoon ground nutmeg**
- $\frac{1}{4}$ teaspoon salt**

Combine all ingredients and mix well. Turn into buttered 1-quart casserole. Bake in preheated moderate oven (350 degrees) 50 minutes or until firm in center and browned on top.

Serve hot or cold, topped with whipped cream, if desired.

Serves 6.



Choco-Nut Pinipig Cones



- 1 3- $\frac{1}{4}$ ounce package prepared chocolate pudding**
- 1 envelope unflavored gelatin**
- $\frac{1}{4}$ cup sugar**
- $1\frac{1}{2}$ cups milk**
- $\frac{1}{2}$ cup peanut butter**
- $1\frac{1}{2}$ cups puffed pinipig**
- 1 cup chopped casuy or pili nuts**
- $\frac{1}{2}$ pint heavy cream, whipped**
- 8 ice cream cups**

Combine chocolate pudding mix, gelatin and sugar in a saucepan. Stir in milk. Cook over low heat, stirring constantly, until pudding thickens. Blend in peanut butter and beat until smooth.

Add puffed pinipig and cool until mixture begins to set. Fold in the nuts and about $\frac{2}{3}$ of the whipped cream (reserving about $\frac{1}{2}$ cup for garnish).

Spoon mixture into ice cream cups. Return to refrigerator and chill.

Garnish each cup with whipped cream and additional nuts.

Serves 8.

Olive-Hamburger Pie

- 1 pound ground beef chuck**
- $\frac{1}{2}$ cup chopped onion**
- 2 teaspoons flour**
- 1 teaspoon salt**
- $\frac{1}{4}$ teaspoon pepper**
- 3 tablespoons catsup**
- $\frac{1}{2}$ cup sliced pimento-stuffed olives**
- 9-inch unbaked pastry shell**

- 2 eggs, slightly beaten**
- 1 cup creamed cottage cheese**
- Paprika (optional)**
- Sliced pimento-stuffed olives for garnish.**

In skillet, brown beef and onion; drain off excess fat. Stir in flour, salt, pepper catsup and 1/2-cup olives. Turn into pastry shell.

Mix together eggs and cottage cheese. Pour over meat mixture. Sprinkle with paprika. Bake in 350-degree (moderate) oven 30 to 35 minutes or until top is lightly browned and set. Garnish with sliced olives.

Serves 4 to 6.

Calabasa Ice Cream Pie

- 9-inch Graham cracker crumb Crust**
- 3/4 cup mashed cooked calabasa or canned pumpkin**
- 1/4 cup brown sugar**
- 1/2 teaspoon cinnamon**
- 1/4 teaspoon nutmeg**
- 1/2 teaspoon ginger**
- 1/4 teaspoon ground cloves**
- 1/4 teaspoon salt**
- 1/3 cup finely chopped nuts**
- 1 quart vanilla ice cream, softened**

Prepare Graham cracker crumb crust. In mixing bowl combine all remaining ingredients except ice cream. Mix well. Stir in ice cream; mix until blended and smooth. Pour into crumb crust; freeze until firm.

Makes 9-inch pie.

Black Cake

- 4 oz. (4 squares) unsweetened chocolate**
- 1/2 cup butter**
- 1/2 cup sugar**
- 3 eggs, separated**
- 3/4 cup chopped pili nuts**
- 5/8 cup flour**

Melt chocolate over hot water.

Cream butter, add sugar, and continue beating until creamy. Add egg yolks and beat until well blended. Add melted, cooled chocolate, and beat well for 2 minutes.

Beat egg whites until stiff but not dry. Fold into chocolate mixture. Combine nuts and sifted flour and fold gently into batter.

Pour into a loaf pan lined with waxed paper and bake in moderate oven (350 degrees F.) until a toothpick inserted into cake comes out clean and cake shrinks from sides of pan, 35 to 40 minutes.

Cool cake in pan and frost with whipped cream frosting.

Frosting

- 1 cup chilled cream**
- 2 tablespoons confectioners' sugar**
- 2 tablespoons slivered pili nuts.**

Beat cream and sugar until stiff. Spread on cake and sprinkle with nuts
Serves 8.

Two-Egg Chocolate Cake

1-3/4 cups sifted all-purpose flour

1-1/3 cups sugar

1 tsp. soda

1 tsp. salt

1 cup milk

1/2 cup shortening

**2-1/2 or 3 squares unsweetened
chocolate, melted**

2 eggs

2 tsps. vanilla

Grease and flour bottoms of a square pan. Sift flour with sugar, soda and salt into mixing bowl. Add 3/4 cup milk and shortening. Blend well at low speed of mixer. Beat 1 1/2 minutes at medium speed.

Add chocolate, eggs, 1/4 cup milk and vanilla extract; continue beating 1 1/2 minutes at low speed. Pour batter into cake pan. Bake at 350 degrees F. for 35-40 minutes, until cake springs back when lightly touched in center.

Serves 8 or more.

Chocolate Chip Cookies

- 1 cup butter or other shortening**
- 1 cup granulated sugar**
- 1/2 cup firmly packed brown sugar**
- 2 eggs**
- 2 teaspoons vanilla**
- 2 cups unsifted all-purpose flour**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1 package (12 ounces) glazed chocolate chips**
- 1 cup chopped nuts**

Mix butter, sugars, eggs, and vanilla; then beat until light and fluffy. Blend in flour, soda, and salt. Stir in chips and nuts.

Drop from teaspoon onto ungreased baking sheets; place cookies about 2 inches apart.

Bake at 375 degrees for 8 to 10 minutes, or until golden brown.

Cookies may be stored in a tightly covered container for at least 4 days.

Makes 7 to 8 dozen.

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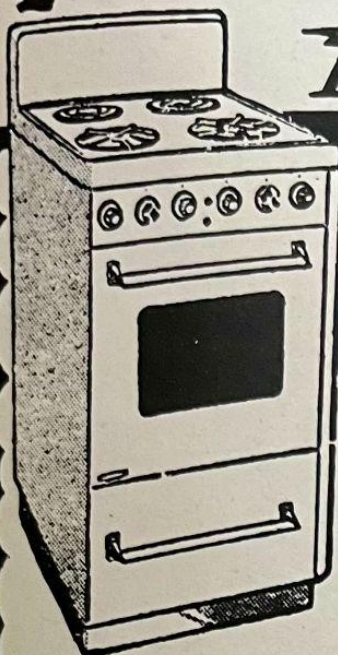
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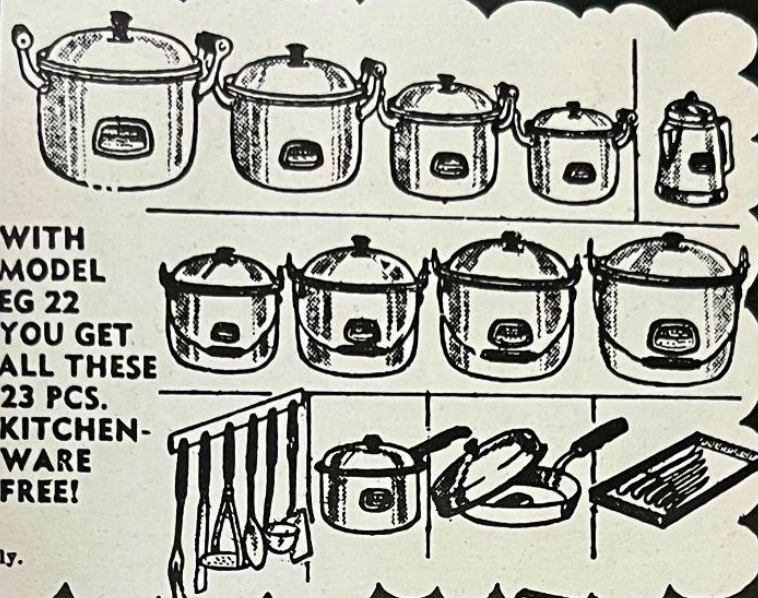
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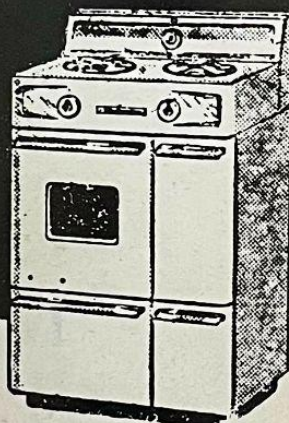
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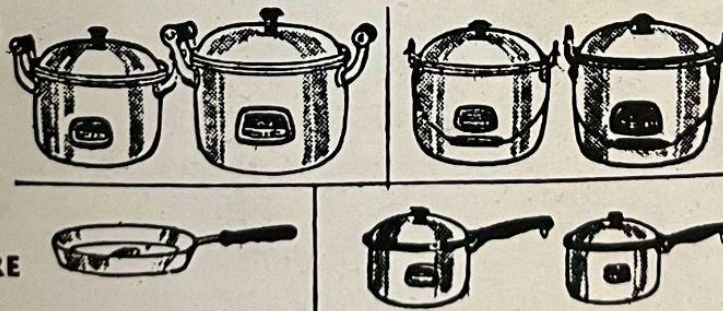


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ENRIQUETA DAVID PEREZ is a name one always associates with culinary arts. During the last 37 years, she has involved and busied herself in the preparation and compilation of recipes of delicious Filipino as well as international dishes. You name it and she has got it.

In the long career of Mrs. Perez as member of the Fourth Estate, she always has either organized or served as editor of the Women's and Food Section of all the publications she worked with.

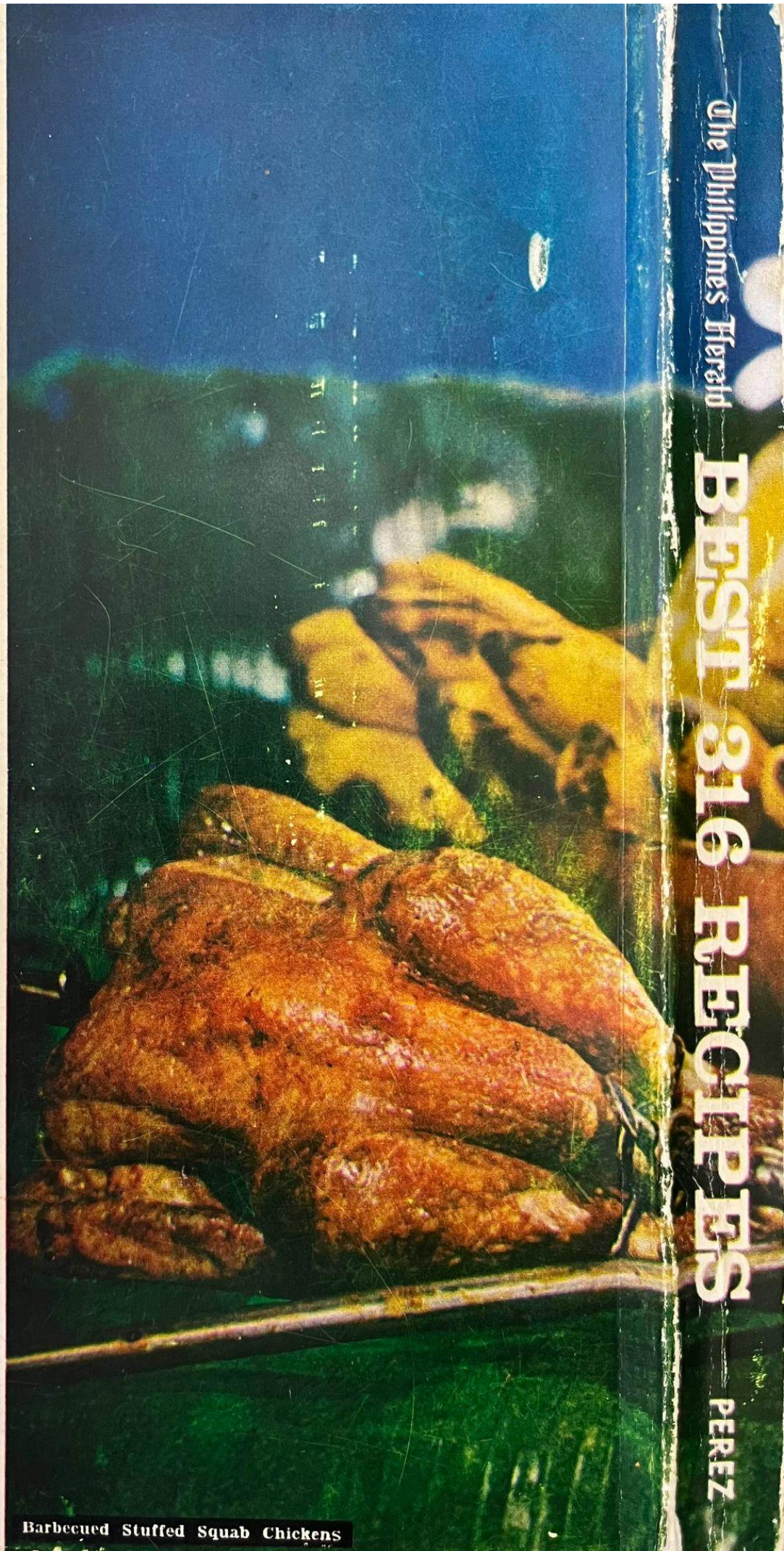
In 1931, she was the Women's and Food editor of the Graphic and three years later joined the Monday Mail to organize the Homemakers' and Food pages of the weekly paper. She moved to the Tribune in 1938 to organize its Friday Food Section and women's pages, and in 1940 came to the Philippines Herald. Few months later, or just before the war, she published For Better Homes which dealt mostly in cooking and homemaking. At war's end, she worked with the Evening News and edited its Food and Women's Section.

With all her knowledge and expertise in the culinary arts, she published in 1952 her collection of Philippine recipes which created a big demand even in the Filipino communities in the United States. The book was so successful that it went on several printings.

Ever conscious of the progress of the times, Mrs. Perez has published this year a new and much improved cook book which features a wide variety of both local and international recipes. It contains 316 recipes picked from over 20,000 recipes published by the Herald since 1949 when she rejoined the paper as its Food and Women's editor. All the dishes have a festive quality about them that makes their cooking and serving a real pleasure. The international dishes have been adjusted to Filipino tastes and preferences as well as methods of cooking and serving. The recipes are easy to follow so that if you can read you can cook.

Mrs. Perez is the widow of the late Secretary of Finance Rodrigo D. Perez, Jr.

—S.D.C.



Barbecued Stuffed Squab Chickens

The Philippines Herald

BEST 316 RECIPES

PEREZ